DISH

Cranberry Cocktail

PREPARATION TIME 3 hrs.
NUMBER OF SERVINGS 6-8
SOURCE OF RECIPE school

1 cup raw cranberries, cut in half
1 cup pineapple
½ cup seedless raisins
½ cup sugar
½ cup pineapple juice
1 tblsp. lemon juice

Mix cranberries, pineapple and raisins. Add sugar and juices. Mix thoroughly and let stand 4 hours or more in a cool place

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Here's what's cookin' Salmon Ball Serves

Recipe from the kitchen of Joy Mellinger

1-16oz can red salmon

1-tab. finely chopped onion

1-teas. horseradish

1/4 teas. salt

1-tab lemon juice

8 oz. Phila. cream cheese

Drain salmon + place in medium bowl - remove bones and skin - Flake with a fork. Add remaining ingredients and mix well. Divide in two or three balls. They'll be a little sticky when shaping them. Roll in parsley flakes. Chill at least 1 hour. May be frozen. Keeps for four months or more. Can be shaped into Christmas tree or any other design you want.

Do **not** make in a blender.

Serve with Keeblers Toasted Wheat Crackers-

1/3 ball serves 6 to 8 people
1/2 ball serves 8 to 12 people

RECIPE Zesty Chili Dip **SERVES** 2 cups

INGREDIENTS

1 envelope dry onion soup

1 pt. sour cream

½ cup ketchup 1/4 cup

1 tlbsp. chili powder

DIRECTIONS

Blend all ingredients togeth er and chill before seving.

Favorite recipe of soup box

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DISH

Banana Tea Bread

PREPARATION TIME 1¼ hr.
NUMBER OF SERVINGS 8
SOURCE OF RECIPE PP&L

13/4 cups sifted flour
23/4 tsps. baking powder
½ tsp. salt
2-3 bananas(1 cup mashed)

1/3 cup butter
3/4 cup sugar,
plus ½ tlbsp.
2 eggs

Sift together flour, baking powder and salt. Beat bananas in bowl at medium speed until thoroughly mashed. Add butter, sugar and eggs. Continue beating at medium speed for 1 minute.Add flour mixture, and

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beat at low speed for 30 seconds. DO NOT OVERBEAT. Turn into a greased loaf pan(9x5½x3 and bake in a 350 oven about 1 hour, or until bread is done.

Check at 50 mins.

DISH **Blueberry Muffins**

PREPARATION TIME 45 min.
NUMBER OF SERVINGS 4-6
SOURCE OF RECIPE Met.C.Book

1/4 ½ cup shortening
1/3 cup sugar
2 eggs
2 cups sifted flour
4 tsp. baking powder
3/4 tsp. salt
2/3 cup milk
2/3 cup blueberries

Set oven for hot, 400. Cream shortening; add sugar gradually, creaming thoroughly. Beat eggs; add. Mix and sift 12/3 cups flour, baking powder, and salt. Add alternately with milk to first mixture. Mix blueberries

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with remaining flour; stir in lightly.
Bake in greased muffin pans $\frac{1}{2}$ hr.

RECIPE Bran Muffins **SERVES** 6

INGREDIENTS

1½ cups All-Bran
1¼ cups milk
1 egg
1/3 cup butter
1¼ cups sifted flour
3 tsps. bak. powder
½ tsp. salt
½ cup sugar

DIRECTIONS

Combine All-Bran and milk; let stand until most of moisture is taken up. Add egg and butter; beat well. Sift together all dry ingredients; add to first mixture, stirring only until com-

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bined. Fill greased muffin pans 2/3 full.
Bake in 400 oven about 25 mins.

DISH **Cinnamon-Topped Oatmeal Muffins**

PREPARATION TIME ½ hr.
NUMBER OF SERVINGS 4-6
SOURCE OF RECIPE Oatmeal Ad

1 cup sifted flour
¼ cup sugar
3 tsps. baking powder
½ tsp. salt
1 cup Mother's Oats

½ cup raisins
3 tbsps. liquid shortening
1 egg, beaten
1 cup milk

Topping:

2 tbsps. sugar
2 tsps. flour

1 tsp. cinnamon
1 tsp. melted butter

Sift together flour, sugar, baking powder

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and salt. Stir in oats and raisins. Add shortening, egg and milk. Stir only until dry ingredients are moistened. Fill greased muffin cups 2/3 full. Sprinkle with cinnamon topping made by combining all ingredients. Bake in preheated oven at 425 about 15 minutes.

RECIPE Orange Cereal Muffins **SERVES** 6

INGREDIENTS

12/3 cups unsifted flour
½ cup sugar
3 tsps. baking powder
3/4 tsp. salt
1 cup Grape Nuts

2 eggs, well beaten
3/4 cup orange juice
½ cup butter, melted
1 tlbsp. grated orange rind

DIRECTIONS

Mix flour, sugar, baking powder, and salt; add cereal. Combine remaining ingredients; add to flour mixture. Mix just to dampen. Pour into greased muffin pans, filling 2/3 full.

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Bake at 425 for 15-20 mins.

DISH Pie Shell

PREPARATION TIME 5 min
NUMBER OF SERVINGS 1 pie
SOURCE OF RECIPE Book

1 cup flour
½ tsp salt
1/3 cup shortening
2 tbsp water

Knead

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Quick Apple Bread

1 Loaf

½ cup butter
1 cup sugar
2 eggs
1 tsp. vanilla
2 cups peeled grated apple
2 cups flour

1 tsp. salt
1 tsp. soda
1 tsp. baking powder
1 tsp. cinnamon
3/4 cup rasins
2 tbsps. grated orange rind

Crea m together butter and sugar in mixer until fluffy. Beat eggs in, one at a time; add vanilla and apples and stir in by hand. Sift

Together flour, salt, soda, powder and cinnamon; blend into creamed mixture. Add raisins and orange peel.

Pour into a lightly greased 9x5x3 loaf pan. Bake in a 350 oven for 50-60 mins. Cool in pan 10 mins; remove to rack for complete cooling. Ice or not as desired. Serve plain or toasted.

DISH Quick Bread

PREPARATION TIME 1½ hr.
NUMBER OF SERVINGS 10
SOURCE OF RECIPE Cereal box

11/3 cups scalded milk
2/3 cups Grape Nuts
1 egg-well beaten
3 tbsp. butter, melted
and cooled

2 cups flour
2½ tsp. bak. powd.
1 tsp. salt
2/3 cup light
brown sugar

Pour hot milk over cereal, let stand until cool. Mix in egg and butter. Mix dry ingredients together, add to cereal mixture, stir only to dampen flour.

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Pour into greased 8x4x3 in. pan. Bake in mod. oven(350) 55-60 mins. Cool 10 mins. Turn out, cool on rack. When cold, wrap in wax paper. For best slicing and flavor, store over night.

RECIPE Raisin Bread **SERVES** 1 loaf

INGREDIENTS

3 tlbsps. butter
1 cup sugar
3 eggs
3/4 cup raisins
1 tlb. grated lemon rind

3 cups flour
1 tsp. salt
¼ tsp. mace
½ tsp. lemon extract
3 tsps. baking powd.

½ tsp. vanilla
1 cup milk

DIRECTIONS

Cream butter and sugar; add eggs one at a time, beating well after each addition; stir in raisins and lemon rind. Mix and sift dry ingreients. Combine lemon extract, vanilla and milk; alter-

Favorite recipe of paper

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nating with dry ingreients, add to raisin mixture. Pour into greased and floured 9x5x3 in. loaf pan. Bake at 350 for 45-50 minutes.

1 hr

RECIPE Zucchini Bread

SERVES

INGREDIENTS

1¼ cups fork stirred flour
1 tsp. baking soda
¼ tsp. baking powder
1 tsp. salt
¼ cup wheat germ

½ cup finely chopped walnuts
2 large eggs
1/3 cup salad oil
½ cup sugar

DIRECTIONS

1 cup coarsely shredded, firmly packed unpeeled zucchini

2 tlbsps. sesame seeds

Stir together dry ingredients; stir in wheat germ and walnuts. At high speed of electric

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beater, beat together eggs, oil and sugar unti thickened and foamy. Stir in zucchini. Add flour mixture; stir only until dry ingredients are moistened. Turn into a well-oiled and floured loaf pan; sprinkle with sesame seeds. Bake in a pre-heated 350 oven, about 1 hr.* Cool on wire rack for 10 mins. Loosen sides and turn out on rack; turn right side up and cool completely.

Check at 45 min.

DISH

Baked Macaroni and Cheese

PREPARATION TIME	45min.
NUMBER OF SERVINGS	6-8
SOURCE OF RECIPE	Met.C.Book

*

8 oz. pck. macaroni
3 tbsp. butter
2 tbsp. flour
dash of pepper
2 cups milk
1 tsp. salt

2 cups grated sharp
Cheddar cheese
~~1 tbsp.~~ 1/2 tsp grated onion
~~½ tbsp.~~ 3/4 tsp dry mustard
1 tsp.Worcestershire
½ cup buttered crumbs

Cook macaroni in boiling, salted water.
Melt butter; blend in flour,salt and pepper.
cook over low heat
Add milk; cook over low heat until smooth

andthickened, stirring constantly. Add cheese, onion, mustard, and Worcastershire sauce; continue to cook until cheese melts. Add macaroni. Pour into a greased 2-qt. casserole. Top with crumbs. Bake about 25 min. or until browned at 375.

* - 1/2 recipe - 1 1/4 cups

DISH

Beef and Macaroni Casserole

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 5-6
SOURCE OF RECIPE Magazine

1 lb. ground meat
1 cup chopped onion
1 clove garl ic, minced
1 tlbsp. paprika
1 cup sour cream

1½ tsp. salt
2 8oz. cans tomat
sauce
2 cups macaroni,
cooked & drained

Brown beef; add onion and garlic, cook until tender. Add remaining ingredients and turn into a 2 qt. casserole.

Bake 30 mins. at 350. soufflé dish

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DISH

Beef and Mushroom Casserole

PREPARATION TIME 2 hrs.
NUMBER OF SERVINGS 4-6
SOURCE OF RECIPE PP&L

2 lbs. round steak;
cut in ½ in. cubes
2 tblsp. fat
1 large onion, chopped
1 garlic clove, minced
2 tblsps. flour
1 tblsp. Worcestershire sauce

1 cup sour cream
3 oz. broiled mushrooms
½ cup chopped celery
8 Oz. can tomato sauce
1 tsp. salt

Brown steak in hot fat over medium heat.

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Remove meat, add onion and garlic and cook until onion is golden. Turn heat to low and blend flour into fat. Add cream and cook (do not boil), stirring constantly until thickened. Add meat and remaining ingredients and stir until blended.

Turn mixture into a 3 qt. casserole. Bake uncovered in a 350 oven until meat is tender (about 1½ hrs.). Serve over steaming noodles or cooked rice.

DISH

Family Casserole

PREPARATION TIME 45 min
NUMBER OF SERVINGS 4
SOURCE OF RECIPE Soup Can

½ lb. ground beef
1 medium onion, chopped
1 can tomato soup
½ cup water

½ cup cooked beans
1 cup cooked noodles
½ cup shredded Cheddar cheese

Brown beef and onion, stirring to separate meat particles. Stir in soup, water, beans and noodles. Spoon into a 1 qt; casserole; top with cheese. Bake at 375 about 25 min.

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RECIPE Noodle Beef Caserole **SERVES** 6

INGREDIENTS

1 lb. gr. beef 1 can cream of mushroom soup
1 tsp. garlic salt small can of tomato sauce
½ cup chopped onion with cheese
8 oz. medium width noodles

DIRECTIONS

Brown meat and onion. Cook noodles, drain and sprinkle with cheese, add tomato sauce. Mix in other ingredients and put into casserole. Top with grated cheese. Bake 30 minutes at 350.

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DISH Veal and Zucchini Casserole

PREPARATION TIME 45mins.
NUMBER OF SERVINGS 2-4
SOURCE OF RECIPE Woman's Club

2-4 veal cutlets

1 large zucchini squash

butter

1 small onion or onion salt

salt and pepper

Saute veal cutlets in butter until brown. Place in casserole. Slice squash and simmer in same pan and juice from cutlets until soft. Meanwhile slice onion very thin over

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cutlets. Add salt and pepper. Dot with butter. Then place squash over top of cutlets and bake at 350 for 30 mins. or until done.

RECIPE FOR: Wild Rice / Shitake Mushrooms

3 cups water
1 cup wild rice
1/2 tsp salt
5 tbsps. butter

1/2 lb mushrooms
stems trimmed
salt & pepper

Bring water, rice & salt to boil in heavy saucepan. Reduce heat to low, cover & cook 45 mins. Drain well. Transfer rice to med dish &

SERVES: 6

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mix in 2 tblsp. butter. Set aside.

Preheat oven to 350°. Melt remaining butter over high heat. Add mushrooms + stir until tender - about 4 mins. Mix into rice. Season with salt + pepper. Cover + bake 20 mins to blend flavors. Serve hot.

DISH Beef & Vegetable Stew

PREPARATION TIME 2½ hrs.
NUMBER OF SERVINGS 4
SOURCE OF RECIPE Met.C.Book

1½ lb. stewing beef	½ 8 oz. can tomato sau
1/6 cup flour	2½ cups boiling water
1½ tbsp. fat	3 medium carrots
1 tsp. salt	4 medium onions
1/8 tsp. pepper	1/8 tsp. oregano
½ tsp. sugar	1 cup cooked peas canned

Cut beef in 1-in. cubes; dredge with flour. Heat fat in a large heavy saucepot. Brown meat on all sides. Add salt, pepper, sugar,

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tomato sauce, and water. Simmer, covered, 1½ hrs., or until meat is almost tender. Scrape carrots, slice 1-in. thick. Peel onions; add with carrots to meat. Cover; cook 30 mins. Add oregano and peas. Cook 15 mins. or until meat and vegetables are done If desired, thicken gravy before serving.

NOTE: Gravy For each cup liquid use 2 tbsp. flour and ¼ cup water; mix smooth. Add to hot liquid slowly, stirring constantly. Simmer, stirring until smooth and thickened

DISH **Chili Con Carne**

PREPARATION TIME 1½ hr
NUMBER OF SERVINGS 4
SOURCE OF RECIPE Sara G.

Cook in 3 tbsp butter: 1 lb beef and 1¼ cups onion. Add and cook 10 min: 2½ cups kidney beans (No 2) and 1 1/3 cups (beans) condensed tomato soup. Make into a paste and blend in 1½-2 tbsp chili powder, 1 tbsp flour, 3 tbsp water, and 1 tsp salt.

Let simmer 3/4 - 1 hr.

19 oz beans

To double - 3 lbs. 5 oz. beans

group size can of soup 26 oz

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RECIPE Chili Meatballs **SERVES** 4-5

INGREDIENTS

1½ lbs. gr. beef
1 onion, chopped
¼ tsp. pepper
1 tsp. salt
2 tlbsps. oil
½ green pepper, chopped
1-2 tsps. chili powder
2-8oz. cans tomato sauce

DIRECTIONS

Combine meat, ½ chopped onion, salt and pepper. Form into 16 meatballs. Heat oil; add meatballs, remaining onion and pepper, brown. Sprinkle on chili powder and add sauce. Simmer

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15 mins., stirring occasionally.

Recipe: Emerald Isle Stew

Serves: 6

1 Tbsp. oil
1 lb. round steak - 1" cubes
5-6 large carrots, chopped
3 stalks celery, chopped
3-4 large potatoes, peeled & cubed
1 med. onion, chopped
1 - 10½ oz can condensed beef broth
1 - " oz can golden mushroom soup
1½ cups water
½ tsp. thyme leaves
pepper to taste

In Dutch oven over med-high heat, heat oil, Add beef cubes. Cook and stir until brown on all sides. Stir in remaining ingredients. Bring to a boil, Reduce heat & simmer partially covered, for 1-1½ hrs. or until meat & vegs. are tender.

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Hawiian Pork Stew (6 servings)

2 lbs. pork cubes
¼ cup all-purpose flour
1 tsp. ginger
2 tlbsps. oil
8oz. can pineapple chunks
1/3 cup teriyaki sauce
1 lb. fresh yams
1 large onion, cut into eighths

Coat pork in mixture of flour and ginger; reserve 2 tlbsps. flour mixture. Brown pork on all sides in hot fat. Drain pineapple; reserve juice. Add reserved juice, teriyaki sauce and 1 cup water to pork. Cover pan and bring to boil.

Reduce heat and simmer 1 hr., stirring occasionally.* Cut par boiled yams into 2 in. chunks. Add to pork; simmer, covered, 20 mins. longer or until pork and yams are tende

Meanwhile, combine resevered flour mixture and 3/4 cup water; stir into pork mixture and cook until slightly thickened. Stir in pineapple only to heat through.

*Add onion at this time

From the kitchen of: newspaper

Recipe for: Honey Mustard Tenderloin

Ingredients:

1/2 pkg baby carrots
12 tiny new potatoes, halved
1/3 cup honey mustard
2 tbsps. olive or cooking oil
1/2 tsp garlic pepper
1/4 tsp seasoned salt
12-16 oz pork tenderloin

Preheat oven to 425°

In a covered large saucepan, cook potatoes & carrots in boiling water for 2 mins. Drain & set aside.

In a small bowl combine remaining ingredients. Spread ½ of mixture on meat & place in shallow pan. Toss vegs with rest of sauce & spoon around meat.

Roast uncovered 25-35 mins (20 mins)
Stir vegs once

Preparation Time: ½ hr **Servings:** 3-4

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RECIPE Meat Loaf **SERVES** 5

INGREDIENTS

½ cup Grape Nuts
½ cup water
1 lb. gr. beef
1 egg, slightly beaten
2 tsps. Worcestershire sauce
1/4 ½ cup finely chopped onion
½ tsp. salt
dash of pepper
¼ cup catsup

DIRECTIONS

Mix cereal and water. Let stand 1 minute. Combine with remaining ingredients except catsup and stir until thoroughly mixed. Shape loaf in greased shallow baking dish, and top with

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catsup. Bake at 350 for 1 hour.

DISH **Miniature Meatballs**

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 6 doz.
SOURCE OF RECIPE magazine

1½ lbs. ground beef
3/4 cup oatmeal
½ tsp. salt
½ tsp. garlic salt
¼ tsp. pepper
¼ cup finely-chopped onion
2 tlbsps. milk

Combine all ingredients thoroughly.

Shape to form 1 inch meatballs. (over)

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Sauce:

1-8 oz. can tomato sauce
1 tlbsp. vinegar
2 tlbsps. brown sugar
1 tlbsp. Worcestershire

Pan-fry meatballs in small amount of shortening in large skillet until desired doneness. Insert a toothpick in each meatball. Place in chafing dish. Dip meatballs into hot sauce made by combining all ingredients.

RECIPE FOR: Onion-Apple Topped Chops

1 tbsp. oil
4 pork chops
1 envelope Lipton Onion Soup
1 medium apple, chopped
1/2 cup bread crumbs
3/4 cup apple juice

In medium skillet, heat oil & brown chops.

SERVES: 4

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In small bowl, combine remaining ingredients; top chops with mixture. Simmer covered 35 mins or until chops are done.

ISH

Piquant Pork Chops

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 4
SOURCE OF RECIPE Paper

4 lean pork chops
1 cup rice
2 tsps. salt
4 large slices onion
4 slices lemon

4 tbsps. chili sauc
1 cup chicken broth
1 cup tomato juice
1/4 ¼ tsp. Tabasco sauc
1/2 ½ tsp. basil

Trim some fat from the chops and render in a heat proof casserole. Brown chops thoroughly in the fat, about 10 mins. on each side. Remove and pour off fat. Place rice in

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bottom of casserole and arrange chops on top. Sprinkle with salt. Place a slice of onion, a slice of lemon and a tbsp. of chili sauce on each chop. Add the liquid, Tabasco and basil, cover and simmer gently until rice is done, about 25 mins.

From the kitchen of: Modern Maturity

Recipe for: Roasted Pork Loin

Ingredients:

2 lbs. boneless loin of pork
1 tblsp. gr. sage
1 tsp cinnamon
1/4 tsp gr. cloves
Salt & pepper

Preheat oven to 350°. Rub spices over the meat. Season with salt & pepper

Place on rack & roast 1½ hrs. Let roast rest 15 mins; then slice.

Preparation Time: 2 hrs

Servings: 4-6

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RECIPE Souperior Meat Loaf **SERVES** 6-8

INGREDIENTS

1 envelope Lipton Onion Soup Mix

2 lbs. ground beef

1½ cups soft bread crumbs

2 eggs

3/4 cup water 1/3 cup ketchup

DIRECTIONS

In a large bowl, combine all ingredients.

IN large shallow baking pan, shape into loaf.

Bake at 350 for 1 hr. or until done.

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DISH

Pork Chop and Potato Scallop

PREPARATION TIME 1½ hr.
NUMBER OF SERVINGS 4
SOURCE OF RECIPE Magazine

4 pork chops
1 can Cream of Mushroom soup
½ cup sour cream
¼ cup water
2 tbsp. chopped parsley
4 cups thinly sliced potatoes
Salt, pepper

In skillet, brown chops. Blend soup, sour cream, water, and parsley. In 2-qt. casserole

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alternate layers of potatoes, sprinkled with salt and pepper, and sauce.Top with chops. Cove
Cover; bake at 375 for 1¼ hrs.

RECIPE: Stay a Bed Stew

2 1/2 lbs beef cubes
1 cup sliced carrots
2 chopped onions
1 tsp salt, dash pepper
1 can cream tomato soup, thinned with 1/2 can water
1 big raw potato, cubed
1 bay leaf
1 cup petite peas

Mix all ingredients, except peas

in an oven-proof casserole Cover and cook in 275° oven for 4½ hrs. Add peas and cook ½ hr. longer.

DISH

Veal Goulash

PREPARATION TIME 2½ hrs.
NUMBER OF SERVINGS 6
SOURCE OF RECIPE Tom. Sauce Can

4 tlbsp. oil
2 lbs. veal(stew)
1 cup celery
1 large onion, sliced
2-8oz. cans tomato sauce
½ cup water

2 tsp. sugar
1½ tsp. paprika
1 tsp. salt
1-8oz pkg. noodle
4 tlbsp. parsley

Brown veal in oil. Add celery and onion. Cook until tender. Blend next 5 ingredients and pour over meat. Simmer 2 hours. Serve

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over cooked noodles, tossed with parsley.

NOTE: Veal steak can be made this way and the noodles served as a vegetable.

RECIPE Apricot Bars **SERVES**

INGREDIENTS

1½ cups flour

2 cups Quick Oats

1¼ cups dark brown sugar

1 tsp. baking soda

18 oz. jar of apricot preserves

DIRECTIONS

Combine dry ingreients to look like coarse crumbs. Press half of mixture into greased 8x12x2 pan. Spread with prserves. Sprinkle remaining crumbs on top. Bake at 325 for 35

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mins.

Serve cut in squares, with ice cream or whipped cream, or cut bars and roll in powdered sugar.

DISH Brownies

PREPARATION TIME ½hr.
NUMBER OF SERVINGS 8-12
SOURCE OF RECIPE Mrs. Valentine

½ cup butter
1 cup sugar
2 eggs
½ cup flour

2 squares chocolate
1/2 ½ cup walnuts, cut up
¼ tsp. salt 1/4
1 tsp. vanilla

Cream butter, add sugar, and beat in with spoon one egg at a time. Add chocolate. Sift in flour and salt; then vanilla and walnuts.

Bake in400 oven about 20 minutes. Test
25 ''

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with cake tester. Cut in squares, then put back in oven for a few minutes. Turn off oven before putting back.

Soft & Cakelike

Beat butter & sugar on med.-high speed until combined. Add eggs & vanilla; beat until combined. Combine flour, soda, powder & salt. Add alternatily with sour cream to shortening mixture, beating after each addition. Stir in choc & nuts with wooden spoon.

Bake 2" apart on ungreased sheet

Soft + Cakelike 375° - 9-11 mins

1/2 cup shortening
1 1/2 cups pack. br. sugar
2 slightly beaten eggs
1 tsp vanilla
2 1/2 cups flour
1 tsp baking soda
1/2 tsp. baking powder
1/2 tsp salt

1-8 oz carton
Sour cream
1 1/2 cups
choc.
1 cup nuts

Basic Cookie 375° 8-10 mins

1/2 cup shortening
1/2 cup butter
1 cup pack. br. sugar
1/2 cup sugar
1/2 tsp baking soda
1/4 tsp salt
2 eggs
1 tsp vanilla

2 1/2 cups flour
1 1/2 cups semisweet choc.
1 cup. walnuts or pecans

Chocolate-Chip Cookies

Crispy, thin cookie - all-butter
Puffy - shortening
Softer - only brown sugar
Crisper - brown & granulated

Basic or Thin Preheat to 375°

Beat butter on medium or high speed for 30 seconds. Add sugars, soda & salt; beat until combined. Beat in vanilla & eggs until combined. Beat in as much of the flour as you can with the mixer. Stir in remaining with wooden spoon. Stir in choc. & nuts. Drop by tsp. 2" apart on ungreased cookie sheet. Cool on wire rack. Makes 5 dz.

Thin & Crispy 375° 10-12 mins

1 cup butter
3/4 cup pack. br sugar
3/4 cup sugar
1/2 tsp baking soda
1/4 tsp salt
1 egg
1 tsp vanilla
2 cups flour
1 1/2 cups choc.
1 cup nuts

DISH

Chocolate Peanut Butter Squares

PREPARATION TIME 45 mins.
NUMBER OF SERVINGS 2 doz.
SOURCE OF RECIPE Advertisement

1 cup sifted flour
1 tsp. baking powder
¼ tsp. baking soda
¼ tsp. salt
2 tbsp. butter

1 cup sugar
1 egg
½ cup peanut butter
1 sq. melted chocolat
¼ cup milk

Sift together dry ingredients. Beat together butter, sugar and egg; then stir in peanut butter and chocolate; gradually stir in dry ingredients alternatly with milk. Bake

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in greased pan in 375 oven about 15 mins. Cut in squares.

RECIPE FOR: Chocolate Walnut Sensations

1 cup + 2 tblsps. flour   1/2 cup butter
1/2 tsp baking soda   1 tsp. vanilla
1/2 tsp Salt   1 egg
3/4 cup firmly packed br. sugar
12 oz choc. morsels   1 cup chop. walnuts

Preheat oven to 375°. In small bowl, combine flour, soda & salt; set aside. In large bowl

SERVES: 24 bars

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beat sugar, butter & vanilla until creamy. Beat in egg. Gradually add flour mixture. Stir in 1½ cup choc & chopped walnuts. Spread into 9" greased sq. pan & bake 23-25 mins.

Immediately sprinkle remaining choc. over top. Let stand until it becomes shiny & soft. Spread evenly over top. When cool, chill 5-10 mins to set choc. If desired, garnish with walnuts.

DISH: Coconut Scotchies

PREPARATION TIME: 1½ hr.
NUMBER OF SERVINGS: 9 doz.
SOURCE OF RECIPE: Woman's Club

1 cup flour
½ tsp. baking soda
½ tsp. salt
½ cup butter
1 cup brown sugar

1 egg
1 tsp. vanilla
1 cup oatmeal
½ cup chopped walnuts
1 cup shredded coconut

Sift flour, baking soda, and salt. Cream butter and beat in sugar gradually. Add egg and vanilla, then stir in sifted dry ingredients. Lastly add oatmeal, nuts, and

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coconut. Drop by tsps. onto greased cookie sheet, flatten with fork or glass. Bake at 325 for 12-15 mins. Remove from cookie sheet while still warm.

DISH

Date Nut Cutups

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 4 doz.
SOURCE OF RECIPE Sara B.

½ cup shortening
1 cup sugar
1 tsp vanilla
2 eggs
2 c. sifted flour
2 tsp baking powder

½ tsp salt
1 tsp cinnamon
½ tsp cloves
½ tsp nutmeg
(1 c)
1 6-oz pkg pitted dates
½ cup chopped walnuts

Cream together shortening, sugar, and vanilla. Add eggs beating well. Sift together dry ingredients, stir into

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creamed mixture. Add dates and nuts. Divide into four portions. Bake on greased cookie sheet about 3 in. apart. Bake in moderate oven 375 about fifteen minutes or until lightly browned. While warm cut diagonally, and sprinkle with XXXX sugar.

DISH **Date Oatmeal Cookies**

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 8~~4~~ doz.
SOURCE OF RECIPE Date Box

1½ cups sifted flour
1 tsp. baking powder
½ tsp. salt
1 tsp. soda
1 tsp. cinnamon
1 tsp. allspice
½ cup butter

1 cup sugar
3 eggs, well beaten
½ cup milk
2 cups oatmeal
1 cup chopped dates
½ cup coconut
½ cup chopped nuts

Combine the flour, baking powder, salt, soda and spices; sift twice. Cream the

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butter, gradually add the sugar and cream until light and fluffy. Add the beaten eggs to the creamed mixture and stir in the oats and milk. Sift the flour mixture over the dates, coconut and nuts, and mix well. Stir into the oatmeal mixture, mix in thoroughly. Drop by small tlbsps. onto lightly greased cookie sheets, 3 ins. apart. Bake in 350 oven about 10-12 mins. or until lightly browned.

From the kitchen of:

Recipe for: Double Choc. Choc. Chips Cookies

Ingredients: 2 1/4 cups flour

1/3 cup cocoa

1 tsp baking ~~powd~~ soda

1/2 tsp salt

1 cup butter

1 tsp vanilla

2 eggs

2 cups (12oz) Special dark Choc. Chips

1 cup nuts (optional)

3/4 cup light br sugar

3/4 cups granulated sugar

Stir together flour, cocoa, soda & salt. Beat butter, sugars and vanilla to creamy. Add eggs, beat well. Gradually add flour mixture, beating well. Stir in choc. chips. Add nuts. Drop onto ungreased cookie sheet.

Bake at ~~350~~ 375° – 8-10 mins. Cool slightly, then remove from sheet.

Preparation Time:

Servings: 5 doz ??

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DISH Frosted Date Balls

PREPARATION TIME 1 hr. ✓
NUMBER OF SERVINGS 3 doz.
SOURCE OF RECIPE Date Box

1¼ cups sifted flour 1 1/4
¼ tsp. salt 1/4
1/3 cup sifted powdered sugar
½ cup butter
1 tlbsp. milk
1 tsp. vanilla
2/3 cup chopped dates
½ cup chopped nuts
Powdered sugar

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Combine flour and salt; sift twice. Cream the butter and gradually add sugar. Add milk and vanilla and stir in the sifted flour. Blend in dates and nuts. Roll in 1 in. balls. Place about 3 ins. apart on ungreased baking sheet. Bake in 300 oven about 20 mins.until light brown. While still warm, roll in powdered sugar.

DISH **Frosty Hermits**

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 3-4 doz.
SOURCE OF RECIPE Bran Box

1 cup ALL_BRAN
½ cup milk
1 cup unsifted flour
½ tsp. baking soda
½ tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. ginger

1 cup brown sugar
½ cup butter
2 eggs
1 tsp. vanilla
½ cup coarsely-chopped DRY ROASTED PEANUTS
1 cup raisins

Measure ALL-BRAN into small bowl. Add milk

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let stand until moisture is taken up. Sift together flour, soda, and spices. Beat sugar and butter until light and fluffy. Add eggs, vanilla and ALL-BRAN mixture; beat well. Add sifted dry ingredients; stir until mixed. Stir in Peanuts and raisins. Drop by level tlbsps. onto lightly greased baking sheet.

Bake in 375 oven about 12 mins. or until golden brown.

DISH Gingersnaps

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 3-4 doz.
SOURCE OF RECIPE Met. C. Book

2 cups sifted flour
1 tbsp. ginger
2 tsp. baking powder
1 tsp. cinnamon
½ tsp. salt

3/4 cup shortening
1 cup sugar
1 egg
¼ cup molasses
granulated sugar

Set oven for 350. Mix and sift first 5 ingredients. Sift again twice; return to sifter. Beat shortening until creamy. Add 1 cup sugar gradually, continuing to beat.

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Beat in egg and molasses. Sift about $\frac{1}{4}$ of the flour mixture over the molasses mixture; stir to blend well. Repeat until all flour mixture is added. Form tsps. of dough into small balls by rolling lightly between palms of hands. Rolls balls in extra sugar. Place about 2 in. apart on ungreased baking sheets. Bake 12 min. or until tops are slightly rounded and crackly. Cool on racks.

DISH **Jelly Balls**

PREPARATION TIME 45 min.
NUMBER OF SERVINGS 2 doz.
SOURCE OF RECIPE L.H.Jour.

1 cup butter
¼ cup sugar
2 egg yolks
22/3 cup flour
jam

Work butter in a bowl until creamy. Add sugar and beat until light and fluffy. Add egg yolks; beat well. Add flour graduay and mix until smooth. Shape level tbsp. of dough into balls. Press with thumb. Drop jam into depression. Bake on ungreased

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sheet 18-20 min.

RECIPE FOR: Jumbles

1 cup sugar
1/2 cup butter
1/3 cup milk
1 2/3 cups flour
1 egg
1/3 cup raisins

1/2 lemon rind, grated
1/2 tsp. soda
1 tsp nutmeg
1 tblsp. brandy, wine or fruit juice

Cream the butter, sugar and add the egg, nutmeg,

SERVES: about 9 doz

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wine, and lemon rind. Beat well.
Add the milk, and the raisins which
have been added to the sifted dry ingredients.
Drop on a greased cookie sheet, 2 in.
apart & bake in mod. oven 10-12 mins.

DISH Lemon Dream Bars

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 8
SOURCE OF RECIPE Woman's Club

1/3 cup butter	1 cup sifted flour
2 tlbsp. sugar	

Cut together until fine. Press into 11x7 or 8x8 pan. Bake at 350 for 15-20 mins. until set but not brown.

2 eggs, beaten	½ cup brown sugar
3/4 cup coconut	1/8 tsp. baking pow.
¼ tsp. salt	½ tsp. vanilla
½ cup chopped walnuts or pecans	

Combine all ingredients and mix well. Spread on partially baked dough. Bake at350 for 25-30 mins. Frost while still hot. Cool and cut into bars.

Lemon Frosting:
2 tsp. grated lemon rind
2 tlbsp. lemon juice
1 cup sifted powdered sugar
Combine all ingredients and mix until smooth.

Lemon Yogurt Cookies

1/2 cup softened butter
1 1/4 cups sugar
1/2 cup plain or lemon
yogurt
2 egg whites
1 tbsp. grated lemon peel
1/2 tsp vanilla
2 cups oatmeal, uncooked
1 1/2 cups flour

1 tsp baking
powder
1/2 tsp. baking
soda
1/4 cup powd.
sugar

Heat oven to 375°. Lightly oil bak. sheet. Beat butter & sugar until fluffy. Add next 4 ingredients, mix until well blended. Combine next 4 ingred. & add gradually to yogurt mixture. Cover & chill 1-3 hrs. Use floured hands & roll into 1" balls, press with bottom of glass dipped in sugar. Bake 10-12 mins, cool 2 mins. & remove to wire rack. Sift powd. sugar over warm cookies.

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DISH "Melting Moment"
Cookies

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 3½ doz.
SOURCE OF RECIPE Woman's Club

½cup cornstarch
½ cup powdered sugar
1 tsp. grated lemon rind
1 cup Packaged fine
grated coconut

1 cup sifted flo
flour
1 cup butter
(softened)

Sift together cornstarch, sugar, lemon rind and flour. Blend butter into dry ingredients until a soft dough is formed. If dough is too soft to handle, cover and

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chill about one hour. Shape into small balls $\frac{1}{2}$ to 1 in. in diameter. Roll in coconut and place on ungreased baking sheet about 1$\frac{1}{2}$ in. apart. Flatten cookies with floured fork. Bake in slow oven(300 degrees) for 20-25 mins. or until lightly browned.

NOTE: Do not worry if butter oozes out when the cookies are first in the oven. It will be reabsorbed by the end of the baking.

DISH

Michigan Rocks

PREPARATION TIME 1 hr
NUMBER OF SERVINGS ~~20~~ 7 doz
SOURCE OF RECIPE Aunt Cora

1 cup butter
2 eggs
1½ cups brown sugar
1 tsp cinnamon
(3 cups)

1 tsp soda (dissolved in hot water)
2½ cups flour
*1 lb. raisins (steam)
3/4 lb black walnuts

Cream butter and sugar. Add eggs and then add sifted dry ingredients. Add soda. Add raisins and nuts.

Bake 10-12 (8-10) min at 375. Don't Pack sugar

* double boiler (over)

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AUNT CORA SAYS :

RIGHT GOOD EATIN'

Put raisins in strainer in bottom of double boiler, cover with lid

DISH Peanut Butter Crinkles

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 4 doz.
SOURCE OF RECIPE Advertisement

1/2 ½ cup peanut butter
1/4 ¼ cup butter
1/2 ½ cup brown sugar
1/2 ½ cup granulated sugar

1 egg
1 cup flour
1/2 ½ tsp. salt
1 tsp. soda

Cream peanut butter, butter until soft. Add sugars gradually, continuing to cream until light, fluffy. Add egg; beat well. Sift flour, salt, soda together; add in 2 additions; beat well after each addition.

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Drop from tsp., 2 inches apart, onto ungreased cooky sheet. Press down each cooky with a fork. Bake 8-10 mins. at 350.

pecans
350°
5 mins

Happy baking!

Bourbon Balls

Recipe by Phoebe Canakis

YIELDS 30 BALLS

INGREDIENTS

2 cups crushed vanilla wafers
1 cup confectioners sugar
2 tablespoons cocoa powder
¼ cup plus 1 tablespoon bourbon or whiskey
3 tablespoons honey or raw agave
½ cup chopped toasted pecans
Confectioners sugar or cocoa powder for dusting

INSTRUCTIONS

1. In a medium mixing bowl, combine the vanilla wafer crumbs, confectioners sugar and cocoa powder.
2. Add the bourbon and honey, stirring until evenly combined. Mix in the pecans.
3. Allow the mixture to rest for 15 minutes. Form into 1-inch balls. Dust with confectioners sugar, or dip in melted chocolate.

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Rum Balls

PREPARATION TIME 1 hr
NUMBER OF SERVINGS 6½ doz
SOURCE OF RECIPE Mrs. Dauber

11 oz.
1 - ~~[illegible]~~

3 cups ground Vanilla Wafers(~~2 boxes~~) ~~box~~

1 cup ground nuts (1-3¼ oz. pkg) 1 cup = 2¾ oz

2 cups powdered sugar

3 tbsps. corn syrup or molasses
tbsp. corn syrup or

1½ tbsps. cocoa

¼ cup whiskey and ¼ cup rum mixed

Mix and form balls. Dust with powdered sugar and store in air-tight jar.(Approx. 1 week)

DISH Crumby Topping

PREPARATION TIME 5 min
NUMBER OF SERVINGS 2 pies
SOURCE OF RECIPE Aunt Cora

½ cup sugar
1 cup flour
¼ cup butter

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Recipe: Apple Cake
From: Louise Makes:

3 T. butter or margarine, softened
1 c. sugar
1 egg, beaten
1 C. all-purpose flour
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt
1 tsp. baking soda
3 c. diced peeled apples
1/4 c. chopped nuts (walnuts)

→ 1 tsp. vanilla
Whipped cream or ice cream
(over)

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In a mixing bowl, cream butter, sugar, and egg. Stir together dry ingredients; add to creamed mixture (batter will be very thick). Stir in the apples, nuts, and vanilla. Spread into a greased 8-in. square baking pan. Bake at 350° for 35-40 min. or until cake tests done. Serve warm or cold with whipped cream or ice cream.

DISH Apple Sauce Cake
(Mother's Recipe)

PREPARATION TIME 1¼ hr.
NUMBER OF SERVINGS 8- 10
SOURCE OF RECIPE A. Cora

1 cup sugar
½ cup shortening
1½ cup apple sauce (sweetened)
2 tsp. soda (mixed with a bit of vinegar)
2½ cup flour (mix spices with flour)
1½ cup raisins
1 cup nuts
1 tsp. cinnamon
1 tsp. cloves

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ONE OF UNCLE RALPH'S MANY FAVORITES

Cream sugar and shortening; add applesauce; soda;dry ingredients;mix in raisins and nuts last.
Bake for 45 min. at 350.

DISH Apple Coffee Cake

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 8
SOURCE OF RECIPE PP&L

3/4 cup sugar
¼ cup butter
1 egg
½ cup milk
1½ cups flour
2 tsps. baking powder
½ tsp. salt
½ cup raisins
2 med. apples
1 tsp. cinnamon
2 tlbsp. sugar

Cream together the sugar and butter. Beat in egg, then add milk and stir until smooth. Sift together flour, baking powder and salt;

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blend into batter. Stir in raisins. Turn into greased and floured 9 in. square pan. Arrange thinly sliced apples, peeled or unpeeled, on top of cake. Sprinkle with a mixture of the cinnamon and sugar. Bake in a 375 oven for 30 - 35 mins.or until cake springs back when lightly pressed with finger. Serve warm.

DISH Cherry Cake

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 8
SOURCE OF RECIPE 3gr.C.Book

2 cups. sifted 10x sugar
$2\frac{1}{2}$ cups flour
1 cup butter

1 tsp. vanilla
3 eggs
1 can sour cherries

Put all the ingredients (except cherries) in a large bowl and set mixer at a low speed until well blended. set at a high speed until fluffy. Put half the batter in a pan, then spread the drained cherries, put rest of batter on top of cherries.

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Bake at 375 for 45 mins. After out of oven, sprinkle with 10x sugar. Cool 10 mins.

DISH

Chocolate Cake

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 10
SOURCE OF RECIPE Hilda

4 sq. choc.
6 tbsp. butter (boil till thick)
2 cups milk
Add: 2cups sugar, 2 egg yolks
Mix well , then add all at one time.
2 cups flour ¼ tsp. salt (sifted together)
2 tsp. soda
2tsp. vanilla
BEATEN egg whites last

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Grease 2 8 in. pans
Bake at 350 30-35 min.

From the kitchen of: Newspaper

Recipe for: Berrylicious Pie

Ingredients: 9" pie

1½ cups sugar 2 eggs

¼ tsp salt 1 tblsp lemon juice

3 tbsps flour

3½ cups sliced strawberries

Preheat oven to 350°

Combine ingredients to form a smooth paste. Mix in fruit and pour into crust

(over)

Bake 55-60 min. When butter knife inserted halfway to the middle comes out clean, the pie is done.

May substitute blueberries, raspberries or sliced peaches

Preparation Time: 1½ hrs **Servings:** 8

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DISH Crumb Cake

PREPARATION TIME 3/4 hr.
NUMBER OF SERVINGS 6
SOURCE OF RECIPE Sara G.

2 cups sifted flour
2½ tsps baking powder
1 tsp salt
1½ cups sugar

½ cup shortening
2 whole eggs
1 cup milk
1 tsp vanilla

Mix well together and divide into small pans. Top with crumbs.

3 tbsp flour 3 tsp sugar 3 tsp butter

Bake at 350-375 until brown (35 min.)

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DISH

Fudge Cake
(Mother's Recipe)

PREPARATION TIME 45 min.
NUMBER OF SERVINGS 8-10
SOURCE OF RECIPE A. Cora

2 cup brown sugar
1 cup sour milk
½ cup warm water
½ cup butter

2 cup flour(good measure)
1 tsp. soda(dissolved in water)
3 tbsp. cocoa(good measure)

Cream sugar and butter; add water; then milk and dry ingredients alternately.

Bake at 350 30-35 min.

1 cup sour milk - 2 tblsps vinegar

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AUNT CORA SAYS:

THIS ALWAYS COMES OUT GOOD.

DISH Hot Milk Sponge

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 8-10
SOURCE OF RECIPE Mother

1 cup sifted flour
1 tsp. baking powder
¼ tsp, salt
3 eggs

1 cup sugar
2 tsp, lemon juice
6 tblsp. hot milk

Sift flour, baking powder, and salt 3 times. Beat eggs until very light, you cannot over beat,(5 min.). Add sugar gradually, beating well, add lemon juice. Fold in flour mixture in small amounts.

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Add milk , mixing quickly, but thoroughly until batter is well blended.

Bake in an ungreased 9 in. tube pan in a 350 oven for 35 min. Cool in inverted pan.

DISH **Lemon Chiffon Pie**

PREPARATION TIME

NUMBER OF SERVINGS 6-8

SOURCE OF RECIPE A. Cora

½ tbls. gelatin(soak 5 min. in 2 tbls. cold water- dissolve over hot water)

4 egg yolks

½ tsp. salt

1 cup sugar

1 lemon using rind and juice (usually 2 lem

4 egg whites stiffly beaten

Mix yolks, salt, ½ cup sugar, lemon juice and rind top of double boiler, cook, stir

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constantly, until thick.
Add gelatin, cook 1 minute longer
Beat egg whites to peaks,add remaining sugar
Fold liquid mixture into egg whites.
Turn into pastry shell.Cooland serve.

DISH

Pineapple Upside-Down Cake

PREPARATION TIME 1½ hr.
NUMBER OF SERVINGS 9
SOURCE OF RECIPE Magazine

- ½ cup brown sugar
- 3 tblsps. butter
- 1 can pineapple(9)
- Maraschino cherries
- * 2 cups sifted cake flour
- 3 tsps. baking powder
- ¼ tsp. salt
- ¼ cup butter
- 1 cup sugar
- 1 egg, well beaten
- 1 tsp. vanilla
- 3/4 cup milk

Set oven for 350. Sprinkle brown sugar in bottom of well-greased pan, 9x9x2. Dot with butter. Melt mixture over very low

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heat. Drain pineapple; place slices in pan with cherry in center of each. Sift together flour, baking powder, and salt. Cream butter. Add sugar gradually and beat until fluffy. Add egg and vanilla; beat well. Add flour mixture, a little at a time, alternately with milk. Pour batter over fruit. Bake 1 hour or until light brown. Turn upside down on serving plate at once.

* —4 Tbsps

Peanut Butter Pie

From the kitchen of... Laurie - via Connita

1 8 oz. pkg. cream cheese
3/4 C 10 x sugar
1 12 oz. jar chunky peanut butter
2 T milk
1 9 oz. cool whip
8 in. graham cracker pie shell

beat cheese & sugar, add peanut butter & milk, beat 'til smooth. Fold in cool whip - Chill 5-6 hrs.

RECIPE Shoo-Fly Pie **SERVES** 6

INGREDIENTS

1 egg, beaten
¼ cup br. sugar
½ tsp. soda
½ cup molasses
½ cup boiling water

3/4 cup flour
½ cup br. sugar
1½ tlbsps. butter
¼ tsp. salt

½ tsp. baking
powder

DIRECTIONS

Combine first 5 ingredients. Combine remaining dry ingredients; cut butter into dry mixture. Sprinkle about ½ crumbs into pie shell; add all of liquid, then top with re-

Favorite recipe of

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maining crumbs.

Bake at 350 for 45 minutes.

DISH

Strawberry Pie

PREPARATION TIME ½ hr
NUMBER OF SERVINGS 6
SOURCE OF RECIPE Book

1 cup crushed strawberries 1 dash salt
1 cup sugar 3 tsp cornstarch

Cook until clear. Let cool a bit then add 1 box strawberries.

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DISH

Apple Crisp

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 6-8
SOURCE OF RECIPE Myra Jane

3 to 4 medium apples
3/4 cup quick-cooking oatmeal
3/4 cup brown sugar
½ cup flour
1 tsp. cinnamon
½ cup butter

Pare apples and slice thin. Arrange in greased 8 in. pan. Combine dry ingredients, cut in butterand sprinkle over apples.

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Bake 350   35-40 min.

Serve warm with milk or cream

DISH **Baked Lemon Pudding**

PREPARATION TIME 1¼ hr.
NUMBER OF SERVINGS 4-6
SOURCE OF RECIPE Magazine

1½ cups sugar
½ cup flour
½ tsp. baking powder 1/2
¼ tsp. salt 1/4
3 eggs, separated

2 tsp. lemon rind
1/4 ¼ cup lemon juice
2 tsp. melted butter
1½ cups milk 1/2

Heat oven to 350. Sift 1 cup of the sugar with flour, baking powder and salt. Whip egg yolks until thick and lemon-colored; add lemon rind, juice, butter and milk.

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Beat thoroughly. Stir in flour mixture and beat until smooth. Whip egg whites until soft peaks form. Add remaining sugar, 1 tbsp. at a time, whipping well after each addition. Fold into flour mixture. Pour into a buttered 2-qt. casserole. Set in a pan containing ½ in. hot water. Bake about 45 min. or until firm. Chill 1 hr.

DISH Bread Pudding

PREPARATION TIME 45 min.
NUMBER OF SERVINGS 6
SOURCE OF RECIPE Sara G.

6 slices buttered bread

4 eggs

½ cup sugar

1 qt. milk

1 tsp. vanilla

Cut bread into cubes and place into baking dish. Mix other ingredients and pour over br bread.

Bake at 450 ½hr.

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RECIPE Coco- Nutty Snowballs **SERVES** 4-5

INGREDIENTS

½ cup Grape-Nuts
½ cup coconut
2 pints vanilla ice cream

DIRECTIONS

Combine cereal and coconut. Scoop ice cream into 8-10 balls; roll in cereal mixture. Serve with sundae sauce or topping, if desired.

Favorite recipe of cereal box

DISH Cup Custard

PREPARATION TIME 1 hr
NUMBER OF SERVINGS 6
SOURCE OF RECIPE Book

Beat slightly to mix:

2 large eggs   ¼ tsp salt

1/3 cup sugar

Scald 2 cups milk and pour into egg mixture. Strain into custard cups and set in pan of hot water (1 in. up on cups). Bake at 350 for 30-35 min.

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DISH

Glazed Baked Apples

PREPARATION TIME 1¼ hr.
NUMBER OF SERVINGS 4
SOURCE OF RECIPE Met.C.Bock

4 large baking apples
½ cup raisins
2 tbsp. sugar
1 tbsp. grated lemon peel
1 tsp. cinnamon

2 tsp. butter
2/3 cup boiling water
½ cup sugar
½ cup red currant jelly

Wash and core apples; pare 1/3 the way down from stem. Place in baking dish. Combine next 4 ingredients. Fill centers of apples.

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Top each with ½ tsp. butter. Combine water and the ½ cup sugar; pour over apples. Bake, covered, for 45-60 min. or until tender, basting once or twice with syrup in bottom of pan. Remove from oven. Melt jelly over low heat; stir with a fork. Spoon over apples. Place in broiler 3 in. from heat; broil 3 or 4 min. or until glazed.

Bake at 350.

From the kitchen of... Ruth Swartz

Peach Cobbler

6-7 cups fruit
3/4 cup sugar
2 TBSP flour
1 tsp lemon Juice
1 tsp vanilla
1/2 - 1 tsp cinnamon - 1/4 tsp salt

mix + put in bottom of baking dish

(over)

Batter

mix with wire whisk

1 c flour

3/4 - 1 cup sugar

1 tsp baking Powder

1/2 tsp salt

4 TBSP. melted butter/marg.

2 egg beaten

milk (approx 2 3) to make it smooth
but stiff) Pour over fruit mixture

Bake 375° - 40 min. until brown on top

RECIPE Peach Custard **SERVES** 6

INGREDIENTS

6tlbsps. sugar
3 tlbsps. cornstarch
2 eggs, well beaten
3 cups milk
2 tlbsps. butter
2 tsps. vanilla
2 cups diced peaches
½ cup flaked coconut

DIRECTIONS

In a saucepan mix sugar and cornstarch. Stir in eggs and milk. Stir constantly over low heat until mixture bubbles and thickens. Stir in butter. Cool and then stir in vanilla.

Favorite recipe of

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Fold in peaches and pour into a serving dish. Top with coconut. Chill until ready to serve.

RECIPE FOR: Tapioca Pudding

3 Tblsps. tapioca 1/8 tsp salt
3 Tblsps sugar 2 cups milk
1 egg, separated 3/4 tsp vanilla
2 Tblsps sugar

Mix tapioca, salt 3 T. sugar, milk & egg yolk in pan. Let stand 5 mins. Beat egg wht. till foamy, gradually

SERVES:

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beat in 2 T. sugar, beating to soft peaks. Set aside. Cook tapioca mixture over med. heat to a full boil, stir constantly. Gradually add to beaten wht., stir quickly just until blended. Stir in vanilla. Cool 20 mins.—stir.

DISH Lasagne Roll

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 4
SOURCE OF RECIPE Paper

10 lasagne noodles
1 cup(8 oz.) cream style cottage cheese
1 8 oz. pkg. cream ch.
½ tsp. salt
¼ tsp. pepper
2 tbsp. Parmesan cheese
garlic salt-to tast

Cook noodles according to pkg. directions; drain. Arrange noodles, overlapping ½ in. Combine cheeses, garlic salt, salt, and ½ of pepper and Parmesan cheese. Spread

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mixture on noodles; roll as for jelly roll. Place roll in shallow dish.

Combine:

- 2 cans(10½ oz.) tomato soup
- ½ cup water
- ½ tsp. oregano
- ½ of the pepper

Pour over noodles and sprinkle with other ½ of Parmesan cheese.

Bake in 350 oven for 30 min.

DISH

Cheese Casserole

PREPARATION TIME 45 mins.
NUMBER OF SERVINGS 4
SOURCE OF RECIPE PP&L

7 slices buttered bread
1 cup grated cheese
2 eggs
1 cup milk

1 tsp. salt
¼ tsp. paprika
Dash cayenne
½ tsp. dry mustard

Cut two slices of the bread across from corner to corner, making 8 triangles. Cut the remaining bread into cubes. Place diced bread in a buttered casserole. Sprinkle cheese over bread. Arrange bread

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triangles around the edge of casserole to form a side crust. Beat eggs with milk and seasonings and pour over cheese. Bake about 25 mins. at 350 or until custard is set. Serve at once.

NOTE: 2 cups of cubed, cooked ham or ½ lb. of cooked shrimp may be added to the casserole.

RECIPE FOR: Holly Ballis

4 cups grated Edam or Gouda
1/4 cup minced celery
1/2 tsp dry mustard
dash of Tabasco
2 Tblsps. brandy, dry sherry, beer or ale
minced parsley or finely chopped nuts
Blend cheese + season-ings

SERVES:

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Shape into balls and roll in
parsley or nuts. Chill.

RECIPE FOR: Miracle Whip Wreath

1 lb softened cr. cheese
1/2 cup Miracle Whip
1/3 cup grated Parm.
10 crisply cooked bacon slices, crumbled
1/4 cup gr. onion slices

Combine cheese & Miracle Whip
Add remaining ingredients & mix well. Chill.

SERVES:

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Place glass in center of plate. Drop tblsps. of mixture to form a ring around glass. Smooth with spatula & garnish with chopped parsley & pimento just before serving, if desired. Serve with Triscuits.

Recipe: Quiche Lorraine

Serves: 4-6

1/4 lb bacon, cut into 1" lengths
2 cups milk or cream
3 eggs
1/4 tsp salt
1/8 tsp whit pepper
Dash nutmeg

1 tsp chop. chives
1 9" pie shell
1 egg white
1/2 cup diced
Swiss cheese

Cook bacon until fat is almost cooked out, but bacon is not crisp. Drain on paper towel.

Scald milk; cool slightly. Beat eggs with salt, pepper, nutmeg & chives. Add little of the hot milk to eggs then slowly add the remainder.

Beat egg white slightly & brush over the pie shell. Arrange bacon & cheese over the pie shell; pour custard mixture over it.

Bake 35-40 mins in a 375° oven until the top is a golden brown and custard is firm.

Makes a nice appetizer served lukewarm.

Wellspring York Pennsylvania 17402

RECIPE: Parmesan Garlic Chicken

1/2 cup grated Parmesan cheese
1 envelope Italian Salad Dressing mix
1/2 tsp garlic powder
6 chicken breast halves

Mix dry ingredients together. Moisten chicken with water; coat with cheese mixture.

Bake in 400° oven 20-25 mins

RECIPE Chicken & Chip Casserole **SERVES** 5

INGREDIENTS

2 cups diced cooked chicken
1½ cups diced celery
1/3 cup chopped almonds or walnuts
¼ cup finely chopped onion
½ tsp. salt
1 tlbsp lemon juice
3/4 cup mayonnaise
½ cup shredded cheddar cheese
1 cup crushed potato chips

DIRECTIONS

Combine first seven ingredients. Turn into 1½ qt. casserole. Sprinkle with cheese, then c chips. Bake at 350 for 35 mins. (over)

Favorite recipe of Met Ed

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Omit chips and serve as a salad.

DISH

Chicken Divan

PREPARATION TIME 1 hr
NUMBER OF SERVINGS 3-4
SOURCE OF RECIPE Soup Can

1 pkg. frozen asparagus or broccoli, cooked and drained

3-4 servings sliced cooked chicken

1 can Cream of Chicken Soup

1/3 cup milk

½ cup shredded Cheddar cheese

Arrange vegetable in shallow baking dish;

Arrange Vegetable

top with chicken. Blend soup and milk; pour over all. Top with cheese. Bake at 450 about

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15 min. or until browned.

RECIPE FOR: Chicken Parmigiana

4 boneless, skinless chicken breast halves

2 eggs, beaten

1 cup Italian Bread Crumbs

1/4 cup oil

16 ozs spag. sauce

1/2 cup grated Parm.

1 cup shredded mozz.

SERVES: 4

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Preheat oven to 400°, Dip chicken into eggs & then into breadcrumbs, coating thoroughly. Heat oil & cook chicken until done & well browned on both sides. Pour sauce into 11 x 7 dish. Place chicken on sauce & top with Parm. & mozz. Bake for 15 mins or until cheese is melted & lightly browned.

DISH

Creamed Chicken Orie
Oriental and Biscuits

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 4
SOURCE OF RECIPE Advretsiement

1 cup diced cooked chicken
1½ cups cooked French green beans
1 can cream of mushroom soup
½ cup milk
1 tblsp. minced onion
½ cup shredded American cheese
2 tblsp. chopped pimiento, if desired
1 can water chestnuts, if desired

Combine all ingredients and cook untill

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cheese is melted and mixture is thoroughly heated.

Serve over hot biscuits.

NOTE:

Turkey, ham or tuna may be substituted for chicken.

Sesame Chicken

1 egg, beaten
1 tlbsp. milk
½ cup bread crumbs
¼ cup sesame seeds
1 tlbsp. chopped parsley
¼ tsp. oregano
1 tsp. salt
1/8 tsp. pepper
2 chicken breasts

Beat egg and milk together. Mix remaining ingredients together. Flatten breasts slightly, then dip in milk and roll in crumbs to cover completely. Place uncovered in refrigerator about 1 hr.

Heat 2 tlbsps. EACH of oil and butter. Brown 1 or 2 mins.per side, then turn down and simmer 4_5 mins. per side.

From the kitchen of: Newspaper

Recipe for: Smoked Gouda - Spinach Stuffed Chicken

Ingredients:

4 chicken breast halves
Cooking Spray
1/2 tsp Salt, 1/4 tsp pepper
2 tsps melted butter

Heat oven to 375°. Spray 9" sq. pan.

Rinse chicken under cold water & pat dry with paper towels.

Spread 1/4 of stuffing into pocket. Place chicken in pan, sprinkle with salt & pepper and drizzle with butter. Bake uncovered 45-55 mins. 40 mins

Stuffing:

10 oz frozen spinach
1/2 cup shredded sm. gouda or Swiss
1/4 tsp nutmeg

Thaw & drain spinach, squeeze out water till dry. Add cheese & nutmeg. Mix thoroughly & stuff chicken — about 2 tblspoons. each

Preparation Time: 1 1/2 hrs. Servings: 4

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RECIPE Bsaic Red Sauce **SERVES** 1 qt.

INGREDIENTS

1 cup finely chopped onions 4 drops Tabasco
1/3 cup salad oil sauce
1½ cups catsup 1/4 ¼ cup Worcestershire sauce
1/2 ½ cup water 2½ tsps. salt ½ cup lemon jui
1/4 ¼ cup sugar ½ tsp. pepper

DIRECTIONS

Cook onion in oil until soft and golden. Add remaining ingredients and simmer 15 mins.

Store in refrigerater or freezer.

Mix ¼ cup sauce ~~to~~ and 8 oz. pkg. cream cheese

Favorite recipe of Claire Phillips

for dip. Beat till light and fluffy. Makes about 2 cups.

RECIPE Burgundy and Blue Cheese Salad Dressing **SERVES** 1 cup

INGREDIENTS

1/3 cup crumbled blue cheese
2/3 cup olive or vegetable oil
3 tlbsps. Burgundy, or any dry red wine
2 tlbsps. red wine vinegar
½ tsp. paprika
¼ tsp. mustard powder
1/8 tsp. black pepper
dash garlic powd

DIRECTIONS

Mash cheese with fork.
Combine remaining ingredients, mix well and gradually stir into mashed cheese.

Favorite recipe of newspaper (Joyce King)

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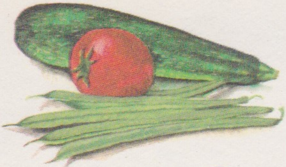
CHOCOLATE SAUCE

Stir together 1 cup sugar, 3 tablespoons flour, dash salt, & 13 cup cocoa: Add 1 cup milk and cook over low heat until starts to thicken. Then take off store & add 1 tablespoon butter and 1 teaspoon vanilla.



Recipe: Sauces for Salmon **Serves:**

Cranberry Sauce

1 cup cranberries
1/2 cup packed light br sugar
1 tbl-sp. water
1/2 tsp vanilla

In medium saucepan combine berries, sugar & water. Simmer over medium heat, stirring until skins pop 8-10 mins. Skim off foam, remove from heat. Stir in vanilla. Serve warm or cold. About 1 cup

Alaska wildland sauce

1 cup pineapple juice
2 Tblsps Soy Sauce
1 clove garlic, minced
1/2 tsp minced or grated gingeroot
1/2 tsp sesame oil

Blk pepper to taste
2 tsps cornstarch
1/2 cup water
2 Tblsps finely chopped pistachio nuts

In small saucepan combine first 6 ingredients. Bring to boil + simmer 5 mins, stirring occassionally. Blend cornstarch + water into a small paste, whisk into hot mixture until smooth + cook until thickened.

Stir in nuts.

Serve with baked or broiled fish. Makes 1 cup

Wellspring York, Pennsylvania 17402

DISH

Spaghetti Sauce

PREPARATION TIME 4-5 Hr.
NUMBER OF SERVINGS 5
SOURCE OF RECIPE Sara G.

Fry 1½ lb. hamburger with large onion.
3 small cans tomato paste
3 small cans tomato sauce
1 can water for each can of sauce & paste
1-2 tsp. sugar
Add cheese and oregano for flavor
Cut in 3 garlic toes

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DISH Sweet and sour cream dressing

PREPARATION TIME 5 mins.
NUMBER OF SERVINGS varies
SOURCE OF RECIPE Aunt Cora

Place 3 tbsps. of sugar in bowl; add enough table cream to dissolve sugar, mixing well. Then add vinegar to taste.

To vary add hard boiled egg yolk to dressing. Slice egg white and place on top of garden lettuce.

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DISH Wine Tartar Sauce

PREPARATION TIME ½ hr.
NUMBER OF SERVINGS 1¼ cups
SOURCE OF RECIPE Advertisement

1 cup mayonnaise
¼ cup Sherry
3 tbsps. chopped sweet pickles
2 tbsps. minced parsley
2 tbsps. chopped olives
1 tbsp. minced onion
Dash of Tabasco
Salt to taste

Mix together well. Good with any fried fish.

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Fruity Vinaigrette

- 1/4 cup Fruit-Flavored Vinegar
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/4 cup chopped onion
- 1 teaspoon Dijon mustard
- 2 tablespoons poppy seeds
- 2/3 cup canola oil

In a small bowl, whisk together the ingredients, until they are blended. Refrigerate the dressing until ready to use. Serve over Bibb lettuce with mandarin oranges, sliced red onions, and slivered almonds. Makes 1 3/4 cups.

From the kitchen of... Ruth Swartz

Peach Sundae Sauce

2 cups diced peaches
1/2 " sugar
1/2 " orange juice

Boil 15 min. Stir constantly - turn heat down. till it thickens 10 or 15 min. You don't need to stir all the time. Add 2 tsp lemon juice
1 tsp vanilla

RECIPE Creamy Blue Cheese Dressing **SERVES**

INGREDIENTS

1/2 cup crumbled blue cheese
2/3 cup sour cream
1 tsp. worchestershire sauce
1/4 tsp. finely grated onion
2 drops Tabasco sauce
4 tlbsps. wine vinegar
3/4 cup mayonnaise

DIRECTIONS

Combine all ingredients except mayonnaise and beat until well-blended but not smooth. Blend in mayonnaise and chill before serving.

Favorite recipe of newspaper (Joyce King)

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RECIPE FOR: Creamy Tuna and Noodles

8 oz noodles 2 3/4 cups
6 tblsps. butter
3/4 cup chop. onion
6 tblsps. flour
1 tsp salt
3 cups milk

2 cups shredded Am. cheese
1 cup peas
7 oz tuna
or salmon, drain
1/2 cup chop. pimento

Cook noodles. In large saucepan, melt

SERVES: 4

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butter & cook onion until tender. Stir in flour & salt blended with milk. Bring to the boiling point, then simmer, stirring constantly, until sauce is thickened, about 5 mins. Stir in all ingredients; heat through, but do not boil.

DISH Salmon Patties

PREPARATION TIME ½ hr.
NUMBER OF SERVINGS 4-6
SOURCE OF RECIPE Crisco Can

1 lb. can pink salmon	½ cup flour
1 egg	1½ tsp. baking pow
1/3 cup minced onion	1¼ cups Crisco

Drain salmon; set aside 2 tbsps. of the juice. In a medium mixing bowl, mix salmon, egg and onion until sticky. Stir in flour. Add baking powder to salmon juice; stir into salmon mixture. Form into small pattie and fry until golden brown in hot Crisco.

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From the kitchen of: HOP

Recipe for: Corn chowder

Ingredients:

1 tbsp. veg oil
2 tbsps finely diced celery
2 tbsps finely diced onions
2 tbsps finely diced gr. pepper
1-10 oz. pkg whole kernel corn
1 cup diced raw potato
2 tbsps chopped fresh parsley
1 cup water

1/4 tsp salt
pepper to taste
1/4 tsp. paprika
2 tbsps flour
2 cups milk

Heat oil in medium saucepan. Add
celery, onion, pepper and saute 2 mins. Add
corn, potato, water, salt, pepper and paprika.
Bring to a boil, reduce heat to med.
Cover + cook 10 mins. Combine ½ cup
milk and flour, Shake well. Add
gradually and then rest of milk
Cook, stirring constantly, until mixture
comes to a boil + thickens. Garnish
with parsley

Preparation Time: 30-45 mins **Servings:** 4

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From the kitchen of:

Recipe for: German Potato Soup

Ingredients: 2 tsps veg. oil
1 small onion, finely chopped
1/2 tsp carraway seeds
10 oz can cr. of celery soup
2 cups milk
1 cup diced boiling potatoes
1 tsp dried dill

Heat oil in saucepan over
med.-high heat. Add onions

and seeds + saute till onions begin to color, 2-3 mins.

Add soup, milk + potatoes, bring to a boil. Reduce heat and simmer, stirring occasionally until potatoes are tender, about 16 mins. Add dill + stir until heated through. Do not allow soup to boil. Season with salt + pepper.

Preparation Time:

Servings: 3

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RECIPE Sopa Maiz **SERVES** 6

INGREDIENTS

2 tlbsps. chopped onion

1 tlbsp. butter

2 tlbsps. flour

3 cups milk

1½ cups fresh corn

1 tsp. salt

Dash of pepper

DIRECTIONS

Cook the onion in butter in the top of a double boiler until tender. Add flour and blend. Add the milk and cook until smooth and thickened. Stir frequently. Add the corn, salt.and pepper

Favorite recipe of

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and heat well.

DISH **Apple Coleslaw**

PREPARATION TIME ½ hr.
NUMBER OF SERVINGS 8
SOURCE OF RECIPE Miracle Whip Jar

4 cups shredded cabbage
1 cup diced unpeeled apple
½ cup chopped celery
½ cup raisins
¼ cup chopped walnuts

Combine ingredients and enough salad dressing to moisten, toss lightly.

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From the kitchen of:

Recipe for: Broccoli Salad

Ingredients:

2 bunches broccoli

1 cups salted sunflower seed

1 medium red onion, chopped

8 slices bacon, crumbled

Dressing

1 cup mayonnaise

2 Tbsps vinegar, 1/2 cup sugar

Mix dressing ingredients well.
Chop broccoli into small pieces
Combine broccoli + dressing and
refrigerate for at least 4 hrs or
overnight.

Preparation Time: ____________________ **Servings:** __________

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RECIPE Cabbage Salad **SERVES** 5

INGREDIENTS

shredded cabbage

fresh parsley

thinly sliced onions

Mix well and use with this dressing:

2 tlbsps. oil, 3 tlbsps. sugar, 1 tsp. salt, and 3 tlbsps. vinegar.

DIRECTIONS

White or red cabbage may be used for this salad.

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From the kitchen of:

Recipe for: Fresh Fruit Chicken Salad

Ingredients:

2 whole chicken breasts -
skinned, boned & cooked
1 nectarine, 2 plums, 1 pear,
1 peach, all sliced
lettuce

2 tsps sugar
1/4 cup olive oil
1 1/2 tblsps Dijon mustard

1 tblsp white
wine vinegar

Divide chicken + fruit among 4 lettuce-lined plates.

Combine other ingredients for the dressing. Drizzle over salad or serve on the side.

Preparation Time: 20 mins - to arrange Servings: 4

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RECIPE Noisy Spinach Salad **SERVES** 6-8

INGREDIENTS

3/4 lb. fresh spinach

¼ lb. bacon, cut in ½ in. pieces

1 large carrot, pared and sliced

4 slices American or Swiss cheese, cut in small squares

1 can Durkee Fr. Fr. onions , scant 1/3 cup Italian dressing

DIRECTIONS

Trim stems and coarse ribs from spinach. Wash leaves and drain well. Break or cut into bite-size pieces, place in a large salad bowl.

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Cook bacon until crisp. Drain on paper towels. Toss all ingredients together except onions and salad dressing. Chill thoroughly. Toss with onions and dressing just before serving.

DISH

Potato Salad

PREPARATION TIME ½ hr.
NUMBER OF SERVINGS 4-6
SOURCE OF RECIPE Sara G.

½ cup sugar
2 tbsp. flour
¼tsp. salt
¼cup vinegar

1 tbsp. mustard
1 cup milk
1 egg
¼ lb. butter

Melt butter, add other ingredients until thick; then pour over potatoes, eggs, celery, and onions.

4

dry ingredients mustard milk
egg vinegar 2½ 3lbs potatoes
2½

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From the kitchen of:

Recipe for: Tri-color Pepper Salad

Ingredients:

1/4 cup olive oil

1 each - red, yellow & gr. pepper,
cut into 2" strips

2 cloves garlic, minced

1 tsp dried basil

1 Tbsp. fresh parsley

1/4 tsp salt

1/4 tsp blk pepper

Heat oil in large skillet over medium heat. Add peppers & garlic + Saute for 15 mins. until soft.

When peppers are soft, add remaining ingredients. Mix well and serve at room temperature or chilled.

Preparation Time: 1/2 hr

Servings: 4

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Q12-61

DISH **Baked Beans**

PREPARATION TIME 2½ hrs.
NUMBER OF SERVINGS 6
SOURCE OF RECIPE Sara G.

4 cans Butter Beans .

½ jar molasses

1 cup brown sugar

½ bottle catsup

Mix together and bake at 350 for 2 hours.

6 cans - teflon casserole

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RECIPE Ble Souffle **SERVES** 6

INGREDIENTS

2 cups fresh corn
1 tibsp. butter
2 tlbsps. flour
1 cup milk
1½ tsps. salt
Dash of pepper
2 eggs

DIRECTIONS

Melt butter. Add milk and flour gradually. Stir and bring to a boil. Add corn, seasonings, egg yolks beaten until thick,and egg whites beaten stiff. Put into buttered dish and

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bake 30 mins. in a 350 oven.

DISH **Bread Stuffing**

PREPARATION TIME 1 hr.
NUMBER OF SERVINGS 1 chicken
SOURCE OF RECIPE Aunt Cora

1 loaf of bread
butter
parsley
onion
poultry seasoning
1 egg

Cube bread and brown in butter. Remove bread from pan and add more butter; then brown finely chopped onion. Combine bread and onion; then add parsley and poultry seasoning to taste. Mix in egg and salt and pepper.

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RECIPE Budino Granoturco **SERVES** 6

INGREDIENTS

2 cups fresh corn
2 eggs, lightly beaten
1 tsp. sugar
pepper to taste

1½ tlbsps. melted butte
1 tsp. salt
2 cups scalded milk

DIRECTIONS

Combine ingredients. Bake in buttered dish until firm in a slow (325) oven.

about ½ hr.

Favorite recipe of

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DISH Carrots

PREPARATION TIME ½ hr.
NUMBER OF SERVINGS 4
SOURCE OF RECIPE Advertisement

Boil carrots until almost tender. Heat 3 tbsp. butter and ½ tsp. ginger in pan. Roll carrots in 2 tbsp. sugar and place in pan. Simmer until glazed. Garnish with parsley.

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Corn and Cheese Casserole

1 - 16 oz. whole kernel corn, drained
1 - 5½ oz. can evaporated milk
1 cup shredded Swiss
2 beaten eggs
2 tlbsps. finely chopped onion

Combine 3/4 cupof cheese with all other ingredients and place into casserole. Melt 2 tlbsps. butter and combine with 1 cup soft bread crumbs and remaining cheese and sprinkle on top.

Bake at 350 for 25-30 mins.

If desired, garnish with green pepper.

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FARM KITCHEN
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FOODS

Ephrata, R. 3, Pa. 17522

DRIED CORN RECIPE

1 cup dried corn (¼ lb.)
1¾ cups water
1 tablespoon sugar
1 teaspoon Salt
2 tablespoons evaporated or top milk
¼ cup milk
1 shake pepper
butter - size of a hickory nut

INSTRUCTIONS FOR COOKING

Place the corn in water and soak overnight or longer in the refrigerator

Place on stove and bring to a low boil - immediately turn down to simmer and let simmer for about 20 minutes. Add salt, sugar, pepper, evaporated milk and milk - let simmer for about 7 minutes longer. Remove from heat, add butter, blend in well and serve. Will serve from 4 to 6.

RECIPE FOR: Glazed Carrots

2 cups sliced carrots
2 tblsps butter
1 garlic glove, crushed   1 tblsp honey
1/4 tsp ginger   2 tsps lemon
1/4 tsp grated lemonpeel   juice

Cook carrots until tender.
Meanwhile melt butter. Add
garlic; saute 1 min.

SERVES: 4

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Add other ingredients; mix well,
Stir over low heat for 1 min. Add
Carrots and toss gently to coat well.

RECIPE FOR: Green Beans with Raspberry Vinegar

1 lb fresh beans   2 tbsp butter
1 med. onion, sliced thin   1 tbsp vinegar

Melt butter in a saucepan, add onions, cover & let steam 5-10 mins. until onions are tender and translucent. Drop beans in rapidly boiling water & cook 10-15 mins. Drain & combine

SERVES: 4

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with onion + vinegar. Season
with salt + pepper.

RECIPE FOR: Holiday Rice

2 cans condensed chicken broth

1/2 cup water 1/3 cup chop. onion

1 1/2 cups uncooked long grain rice

4 tbsps butter 1/3 cup chop. celery

1/4 tsp salt 1/4 cup chop. parsley

1/4 cup sliced toasted almonds

3 tbsps drained chop. pimiento

Combine broth, water,

SERVES: 8

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rice, 2 tlbsps butter & salt in large Saucepan. Bring to a boil. Cover; simmer 18-20 mins.

Meanwhile saute celery & onion in remaining 2 T. butter until tender, about 5 mins. Stir all ingredients into rice, just before serving.

DISH Pickled Beets

PREPARATION TIME 10 mins.
NUMBER OF SERVINGS 1 quart
SOURCE OF RECIPE Aunt Cora

- 1 cup sugar
- 1 cup vinegar
- 12 peppercorns
- 3 Bay leaves
- ½ stick cinnamon
- 6-8 whole cloves

Cook and peel beets. Combine above ingredients and heat until sugar is dissolved; pour over cut beets.

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DISH Potato Cheese Scallop

PREPARATION TIME 45mins.
NUMBER OF SERVINGS 4-5
SOURCE OF RECIPE PP&L

3 cups diced, cooked potatoes
1 cup sour cream
2 eggs, slightly beaten
¼ cup milk
½ tsp. salt
* ¼ cup finely chopped chives or mild onion
Dash of pepper (Cooper)
1 cup shredded sharp American cheese

* Freeze-dried chives can be used in place

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of fresh ones. Bits of crisp, crumbled cooked bacon can be used in place of chives or onion

Arrange potatoes in a buttered shallow baking dish; mix in bacon, if used. Combine sour cream, eggs, milk, chives, salt and pepper; pour over potatoes. Sprinkle cheese evenly over the top.

Bake at 350 about 30 mins., or until heated through and delicately browned on top.

DISH **Potato Filling**

PREPARATION TIME 1½ hr.
NUMBER OF SERVINGS 4
SOURCE OF RECIPE Aunt Cora

mashed potatoes
5-6 slices of bread
celery
onions
2-3 eggs

Cube and brown bread in butter. Saute onions and celery till soft. Mix all ingredients thoroughly; then bake in oven.

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From the kitchen of: Newspaper

Recipe for: Stewed Lentils

Ingredients: 4 large garlic cloves

1 tsp coriander
1/4 tsp cayenne
1 tlbsp + 2 tsps olive oil
4 cups chicken stock
1 bay leaf
2 cups lentils
8 small red potatoes (quartered)
1/2 lb kielbasa *

1 tlbsp lemon juice
1 sm. bunch arugula
Salt & pepper
1/2 cup feta **

In a deep saucepan, saute garlic, coriander & cayenne in 2 tsps oil for 30 secs. Add stock, bay leaf & lentils & bring to a boil. Reduce heat to low, cover & simmer for 10 mins. Add potatoes & continue to cook until potatoes & lentils are tender (15 mins)

Meanwhile, brown sausage.

When stew is cooked toss with remaining indredients, & 1 tbsp oil

Remove bay leaf. Transfer to bowls & top with sausage & cheese

** or queso fresco

Green lentils may be used. * chorizo or other spicy Sausage

Preparation Time: 30-45 mins. **Servings:**

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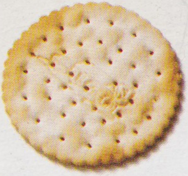
Sesame. How many crunchy sesame seeds can fit on a cracker? Too many to count! Tasty and totally irresistible, with the tiniest trace of garlic. Having a party? Open Sesame.

CHEESE SUGGESTIONS

Sharp Cheddar
Stilton
Havarti with Dill
Roquefort
Feta
Jarlsberg
Swiss



English Water Biscuit. Quite refined. Quite crisp. Quite light. A wonderfully subtle, amazingly versatile cracker. Tallyho, watch them go!

CHEESE SUGGESTIONS

Camembert
Boursin
Brie
Peppercorn Cheese
Mild Cheddar
American Brick
Hot Pepper Jelly with Cream Cheese

Hearty Wheat. Have one and savor the rich wheat flavor. Have another, and taste the whisper of honey. Have one more, and discover the lightest hint of sesame seed. Oh dear all gone!

CHEESE SUGGESTIONS

Gouda
Medium Cheddar
Muenster
Port Wine
Havarti
Monterey Jack
Fruited Cream Cheese

Birdseed

Start to finish: 10 minutes
Makes 26 cups (61/2 quarts)

- 1 jar (1 pound) dry-roasted peanuts
- 1 large bag (14 to 16 ounces) plain M&M's
- 1 large bag (14 to 16 ounces) peanut M&M's
- 1 jar (12 ounces) dry-roasted cashew nuts
- 1 can (10 to 11.5 ounces) mixed nuts
- 1 box (15 ounces) raisins
- 1 large bag (14 to 15 ounces) pretzel sticks
- 1 package (10 to 12 ounces) sesame sticks
- 1 bag (8 ounces) yogurt-covered raisins
- 8 ounces yogurt-covered peanuts or 8 ounces of yogurt-covered raisins.

In a very large container (see Cook's note), mix all of the ingredients together, tossing gently. Store in airtight containers, gift tins or zipper-top bags at room temperature for up to 3 weeks.

Approximate values per 1/4 cup serving: 168 calories (49 percent from fat), 9.5 g fat (2.6 g saturated), 1 mg cholesterol, 4 g protein, 18.5 g carbohydrates, 1.6 g dietary fiber, 233 mg sodium.

Spotted Dog Soda Bread

Makes 1 loaf

- 4 cups plain white flour
- 2 teaspoons sugar
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ cup raisins or currants
- 1½ cups milk or buttermilk
- 1 egg (optional, you will not need all the milk if you use the egg)

Sift the dry ingredients, add the fruit and mix well. Make a well in the center of the dry mixture and add the egg if you are using it, and most of the milk. Using one hand, mix in the flour from the sides of the bowl, adding more milk if necessary. The dough should be soft, but not too wet and sticky. When it all comes together, turn it out onto a floured board and knead lightly for a few

seconds, being careful not to over handle.

Pat the dough into a round about 1½- inches deep and cut a deep cross in it Let the cuts go over the sides of the bread.

Bake at 450 degrees for 15 minutes, then decrease the heat to 400 degrees and bake for another 30 minutes, or until finished. To test for doneness, tap the bottom of the loaf — it will sound hollow when done. Cut into thick slices and spread with butter.

Recipe from fabulousfoods.com

EGGNOG-POPPY SEED BREAD

- 2½ C. FLOUR
- 1 C. SUGAR
- 3½ TSP. BAKING POWDER
- 1 TSP. SALT
- 1 TSP. GROUND NUTMEG
- ¼ C. POPPY SEED
- 1¼ C. PREPARED EGGNOG
- 1 T. + 1 TSP. GRATED ORANGE ZEST
- 3 T. VEGETABLE OIL
- 1 EGG

PREHEAT OVEN TO 350°F

GREASE BOTTOM ONLY OF 9 X 5 X 3 IN. LOAF PAN. IN A BOWL SIFT TOGETHER FLOUR, SUGAR, BAKING POWDER, SALT, AND NUTMEG. IN A LARGE BOWL COMBINE ALL REMAINING INGREDIENTS. ADD FLOUR MIXTURE AND BEAT 30 SECONDS. POUR IN PAN. BAKE 55 TO 65 MIN. OR UNTIL A CAKE TESTER COMES OUT CLEAN. COOL SLIGHTLY. LOOSEN SIDES OF LOAF WITH A SPATULA AND TURN OUT ON RACK TO COOL. WRAP TIGHTLY IN FOIL OR PLASTIC WRAP AND REFRIGERATE FOR UP TO A WEEK.

Garden herb muffins

Makes 12 muffins. Preparation time approximately 20 minutes; baking time 18–20 minutes.

2 cups all-purpose flour
1 tablespoon granulated sugar
2 teaspoons baking powder
½ teaspoon baking soda
1 teaspoon garlic powder
1 teaspoon dry mustard
½ teaspoon salt
1 egg, lightly beaten
1 cup lowfat milk
½ cup grated carrot
¼ cup chopped green onion
¼ cup olive oil

Into large bowl sift together flour, sugar, baking powder, baking soda, garlic powder, dry mustard and salt. In small mixing bowl combine egg, milk, carrot, onion and oil. Blend into flour mixture. Spray muffin pan with nonstick cooking spray. Spoon batter into muffin cups. Bake in preheated 375°F oven 18–20 minutes. Serve.

Nutrients per serving:

Foolproof Fudge

Makes about 2 pounds

- 3 cups (18 ounces) semisweet chocolate chips
- 1 (14-ounce) can sweetened condensed milk (not evaporated milk)
- Dash of salt
- ½ to 1 cup chopped nuts, optional
- 1½ teaspoons vanilla extract

1. Line 8- or 9-inch square pan with foil. Butter foil; set aside.
2. In heavy saucepan, melt chips with condensed milk and salt. Spread evenly into prepared pan.
3. Chill 2 hours or until firm. Turn fudge onto cutting board, peel off foil and cut into squares. Store covered in refrigerator.

Variations:

Decadent Chocolate Truffles

Makes 6 dozen 1-inch round candy truffles

- 3 cups (18 ounces) semisweet chocolate chips
- 1 (14-ounce) can sweetened condensed milk (not evaporated milk)
- 1 tablespoon vanilla extract
- Coatings (optional): Finely chopped toasted nuts, flaked coconut, chocolate sprinkles, colored sprinkles, unsweetened cocoa powder, confectioners' sugar or colored sugars

In large saucepan, melt chips with sweetened condensed milk. Remove from heat; stir in vanilla. Pour into medium-sized bowl. Cover and chill 2-3 hours or until firm.

Shape into 1-inch balls; roll in any of the listed coatings.

Chill 1 hour or until firm. Store tightly covered.

Tip: Place individual chocolate truffles into gold/silver foil candy wrappers and arrange on a tray for a decadent dessert tray. Or serve with a cup of after-dinner coffee as a mini chocolate treat.

Other ideas: Truffles make a great homemade gift at the holidays. Say "thank you" to a friend or co-worker with a nice box of truffles. Arrange several truffles in a pretty silver box or tin; decorate inside of box with colorful waxed paper. Wrap with bow. Reusable tins are a nice keepsake, too.

RECIPE FOR: No-Fuss Fudge

1 lb. powd. sugar 1 tsp. vanilla
1/4 cup cocoa (unsweetened)
1 cup melted margarine
1/4 cup peanut butter

Stir together sugar + cocoa. Add remaining ingredients; mix well. Spread into 8 or 9 in. buttered pan. Refrigerate untill set.

SERVES:

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FROM THE KITCHEN OF:

RECIPE FOR: Candy

INGREDIENTS:

In an 8x8 pan, melt 1 stick butter

Add - 1 cup graham cracker crumbs
1 cup coconut
1 cup chocolate chips
1 cup chopped nuts (walnuts or pecans)
1 can condensed milk

bake 45 min. at 350

DIRECTIONS: ____________________

PREPARATION TIME: ____________________ SERVINGS: __________

PECAN PIE

3 eggs	1 tsp. vanilla
½ cup sugar	¼ cup butter or margarine (melted)
1 cup corn syrup (dark)	Plain pastry
1/8 tsp. salt	1 cup pecans

Beat eggs, add sugar, syrup, salt, vanilla and butter or margarine.

Line pie pan with pastry; put in pecans in a layer. Add mixture and bake in moderate oven 350 degrees for 50-60 minutes.

The nuts will rise to the top and form a crusted layer.

VICE-CHAIRMAN
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Anyberry Summer Pie

Start to finish: 55 minutes (10 minutes active)

Servings: 8

For the filling:

- ¾ cup sugar
- 2 tablespoons cornstarch
- Pinch of salt
- 5 cups berries, fresh or frozen
- 1 prepared pie shell (thawed slightly if frozen)

For the crumb topping:

- ½ cup rolled oats
- ¾ cup all-purpose flour
- 1 cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon allspice
- ½ cup (1 stick) butter, cut into small pieces

Heat the oven to 375 F.

To make the filling, in a large bowl mix the sugar, cornstarch and salt. Add the berries and toss gently until well mixed. Pile the filling into the prepared crust. Set aside.

To make the crumb topping, in a medium bowl combine the oats, flour, sugar, cinnamon, ginger, allspice and butter. Using your fingers, a pastry blender or a fork, mash and rub the butter into the dry ingredients until it resembles coarse crumbs.

Top the berries with the crumb mixture, patting it on, as necessary, to make it stay put. Place the pie on a rimmed baking sheet (to catch drips) and bake for 45 to 50 minutes, or until the crumb topping is golden brown and the berries are bubbling.

For clean slices, let the pie cool before slicing. Or serve warm with vanilla ice cream or whipped cream.

Irish porter cake

Recipe by Mary Ellen Mahan

This sounds like a bread made with beer. Well it is, but it is really a bit of a hybrid between bread and fruitcake, given the ingredients.

Traditionally you can use whatever fruit and nuts you have on hand. I tend to use a variety of raisins, flavored craisins, almonds and walnuts.

SPECIAL TO THE READING EAGLE: PHOEBE CANAKIS

Irish porter cake.

INGREDIENTS

1 cup butter, room temperature (preferably Irish, of course)
1 cup lightly packed light brown sugar
3 large eggs
3 cups all-purpose flour
1/8 teaspoon salt
1 teaspoon baking powder
2/3 cup stout or porter beer (Guinness in the Mahan home)
3 cups mix of dried fruits and nuts

INSTRUCTIONS

1. Grease an 8-inch square cake pan and line with parchment paper. Preheat the oven to 325°.

2. In a large mixing bowl, cream the butter and sugar. Add the eggs one at a time and beat well until combined; set aside.

3. In a medium bowl, sift the flour, salt, and baking powder; set aside.

4. Add half of the dry ingredients to the butter mixture, stirring until combined. Add the beer and mix to combine. Add the remaining dry ingredients to the batter and mix until combined. Fold in the fruit and nut mix. Pour the batter into the pan.

5. Bake for one hour at 325°. Lower the temperature to 300° and bake for one hour and a half, or until a toothpick inserted in the center comes out clean.

6. One view is that this cake should be cooled and stored before enjoying it. I would suggest you open another stout, slather a piece with butter and savor it before it gets cold.

Note: There are two baking temperatures for this recipe. Be sure to set your timer and adjust for the remaining baking time. ❂

Phoebe Canakis *of PhoebesPureFood.com, is a food writer and photographer. She hosts and produces The 2 Weird Hungry Girls Podcast and Pure Food for Thought video series.*

Jiffy Berry Crumb Cake

Recipe by Phoebe Canakis
Yields 8 servings

CRUMB TOPPING INGREDIENTS

½ cup all-purpose flour
¼ cup rolled oats
⅓ cup sugar
¼ cup butter, softened
⅛ teaspoon cinnamon
Pinch of salt

CAKE INGREDIENTS

2½ cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt
¼ teaspoon cinnamon
⅔ cups sugar
¾ cup low-fat milk
½ cup unsweetened applesauce
¼ cup butter, melted
¼ cup orange juice or 1 tablespoon lemon juice and 3 tablespoons water
1½ teaspoons vanilla extract
1 cup fresh or frozen berries

INSTRUCTIONS

1. In a medium bowl, prepare the crumb topping by using your fingers or a fork to combine all ingredients until loose crumbs form. Place in the refrigerator.

2. Preheat the oven to 375 F. Grease an 8-by-8-inch baking dish or a 9-inch deep dish pie plate.

3. In a large bowl, whisk the flour, baking powder, salt, cinnamon and sugar.

4. In a small bowl, combine the milk, applesauce, butter, orange juice and vanilla.

5. Pour the wet ingredients into the dry and mix until just combined. Fold in the berries.

Spread the batter into the baking dish, top with the crumbs, and bake for 40 minutes or until golden and a toothpick inserted in the center comes out clean. Serve with a sprinkle of powdered sugar or a scoop of ice cream. ❂

Applesauce-raisin chews

1 cup (2 sticks margarine, softened
1 cup firmly packed brown sugar
1 cup applesauce
1 egg
1 teaspoon vanilla
2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt (optional)
1 teaspoon ground cinnamon
2½ cups oats, quick or old fashioned, uncooked
1 cup raisins

Heat oven 350 degrees. Beat margarine and sugar until creamy. Add applesauce, egg and vanilla; beat well. Gradually add combined flour, baking soda, salt and cinnamon; mix well. Stir in oats and raisins.

Drop by rounded tablespoons onto ungreased cookie sheet. Bake 11 to 13 minutes or until light golden brown. Cool 1 minute on cookie sheet. Remove to wire rack; cool completely. Store covered at room temperature.

Nutrition information for 1 cookie: calories 100; calories from fat 36;

Peachy Crisp

Desserts

6 cups fresh or frozen peach slices, thawed
1 tablespoon lemon juice
1/3 cup firmly packed brown sugar
3 tablespoons all-purpose flour
1-1/2 cups Quaker 100% Natural Cereal, any flavor
1/4 cup (1/2 stick) margarine, melted
1/4 teaspoon ground cinnamon

Heat oven to 375°F. In 8-inch square glass baking dish, combine peaches, lemon juice, brown sugar and flour, mixing well. Bake 20 to 25 minutes, stirring once. Combine remaining ingredients; sprinkle over peach mixture. Bake 10 to 15 minutes or until golden brown. If desired, serve with frozen yogurt or ice cream.

6 SERVINGS

and serve warm.

Peach Fruit Cups

Combine 1/2 cup vanilla yogurt, 1 teaspoon honey and 1/8 teaspoon cinnamon. Place 1 tablespoon of mixture in each of four sherbet glasses. Peel two ripe peaches. Halve and place one-half in each sherbet, cut side up.

Fill peach center with fresh raspberries and blueberries. Drizzle remaining yogurt over berries and peaches and serve with a sprig of mint.

minutes.

Triple Berry Parfait

Divide 1½ cups vanilla yogurt, ½ cup blueberries, ½ cup raspberries, and ½ cup hulled, sliced strawberries between 2 parfait glasses. Top with chopped fresh mint.

PHOTO: ISTOCKPHOTO

Blue Cheese, Walnuts & Cranberry Spread

Active Time: 15 minutes **Total Time:** 15 minutes
Amount: 1½ cups

Ingredients:

1	(8 ounce) package **Essential Everyday™ Neufchâtel Cheese**, softened
½	cup reduced fat blue cheese crumbles
½	cup chopped walnuts
¼	cup chopped dried cranberries
1	tablespoon chopped chives
-	**Essential Everyday Multigrain Thin Crackers**

Directions:

1 In medium bowl, combine Neufchâtel, blue cheese, walnuts, cranberries and chives.

2 Using electric mixer, mix until well combined; salt and pepper to taste.

3 Serve with crackers.

Smooth Move Pimiento Cheese Spread

- ■ 10 ounces sharp cheddar cheese, shredded
- ■ 2 ounces Monterey Jack, processed or American cheese, shredded
- ■ 8 ounces cream cheese, cut in 1-inch cubes
- ■ 1 4-ounce jar diced pimientos, drained
- ■ 2 tablespoons grated fresh onion
- ■ 1 teaspoon each: Worcestershire sauce, prepared horseradish
- ■ Cayenne pepper sauce to taste
- ■ 3/4 cup mayonnaise

Combine shredded cheeses and cubed cream cheese. With an electric mixer at medium-low, blend just until cheeses form a mass. Add pimientos, onion, Worcestershire, horseradish and pepper sauce. Stir until combined. Add mayo and mix until spreading consistency. Cover and chill.

Bachelor's Quick & Easy Pimiento Cheese Spread

- ■ 2 cups cheese (cheddar or processed), grated
- ■ 2 4-ounce jars diced pimientos, drained
- ■ 1/4 cup mayonnaise
- ■ Dash of Worcestershire sauce
- ■ Salt to taste
- ■ Milk for desired consistency

Combine all ingredients except milk and mix well. Add milk as needed to achieve desired consistency. Cover and refrigerate. By adding a little more mayo, the pimiento cheese is creamier and becomes an ideal chip and vegetable dip.

Four-Cheese Spread

- 12 ounces white cheddar cheese, finely shredded
- 8 ounces mild cheddar cheese, finely shredded
- 4 ounces finely shredded Parmesan cheese
- 4 ounces feta or Gorgonzola cheese
- 2 teaspoons sweet pickle juice
- 1 4-ounce jar diced pimientos, drained
- 3 tablespoons mustard
- 1 cup mayonnaise

Stir together all ingredients. Chill, if desired.

LET'S KEEP

TIM HOLDEN

IN CONGRESS

★★★★★★★★★★★★

Blue Cheese

8 oz cr cheese
4 oz crumbled bl. cheese
1/4 cup chopped gr onion
1 tsp lemon juice
1 clove garlic, minced
1/4 each salt & pepper
Combine all ingredients
& roll in 1/2 cup chopped
Parsley

1

Paid for by Friends of Tim Holden
Ed Brennan, Treasurer

Rich Autumn Pork Stew With Beer

2 lbs. boneless pork shoulder, cut in 1½-inch bits
Salt and pepper
6 Tbsp olive oil
2 medium onions, diced
4 medium carrots, diced
2 medium apples, peeled and cut into 1/2-inch pieces
2 Tbsp finely minced garlic
1 bay leaf
1 cup diced canned or fresh tomatoes
2 cups chicken broth (bouillon)
1 bottle (12 oz.) beer
2 Tbsp brown sugar
Cooked buttered egg noodles

1. Season the pork with salt and pepper. Heat 4 Tbsp oil in a heavy casserole over medium-high heat. Brown the pork well in batches. Remove to a bowl.

2. Wipe casserole clean and heat the remaining oil over low heat. Add onions, carrots, and apples. Stir until softened, 10 minutes, adding the garlic in the last 3 minutes. Stir in remaining ingredients except noodles. Return pork and any juices to the casserole.

3. Bring to a boil. Reduce heat and simmer, partially covered, stirring, until the meat is very tender, about 1½ hours. Discard bay leaf; adjust seasonings. Serve over egg noodles in shallow bowls.

DOUBLE "H" PLASTICS INC ™ VERSAFORM® PAT'D U S A 28

TRY ANOTHER HOMEMADE FAMILY FAVORITE FROM QUAKER.

Quaker's Prize Winning Meat Loaf

1-1/2	pounds lean ground beef
1	cup tomato juice
3/4	cup QUAKER Oats (quick or old fashioned, uncooked)
1	egg or 2 egg whites, slightly beaten
1/4	cup chopped onion
1/2	teaspoon salt (optional)
1/4	teaspoon black pepper

Heat oven to 350°F. Combine all ingredients; mix lightly but thoroughly. Press into 8x4-inch loaf pan; bake 1 hour or until meat is no longer pink and juices run clear. Drain; let stand 5 minutes before serving.

8 SERVINGS

Summertime Berry Salsa

Serves 4

- 1 pint fresh blueberries
- 1 pint fresh strawberries, chopped
- ¼ cup sugar
- 2 tablespoons finely chopped onion
- 1 tablespoon, lemon juice
- ½ teaspoon pepper
- 2 drops hot pepper sauce
- ¼ cup slivered or sliced almonds

In a bowl, combine the first seven ingredients. Cover and refrigerate for one hour. Just before serving, stir in almonds. Serve with chicken, fish or pork.

Recipes

Creamy Italian Dressing

Makes about 1 cup

- ¾ cup mayonnaise
- 1 tablespoon white vinegar
- 1 tablespoon lemon juice
- 1 tablespoon oil
- 1 tablespoon water
- 1 teaspoon Worcestershire sauce
- 1 teaspoon sugar
- ½ teaspoon oregano
- 1 small clove garlic, minced
- Salt and pepper, to taste

Combine all ingredients in a small bowl and mix well. Season with salt and pepper, to taste. Refrigerate if not using immediately, mixing again before serving.

Low Calorie Creamy Ranch Dressing

Makes about 1 cup

(Contains about 15 calories per tablespoon)

- ¾ cup plain nonfat yogurt
- ¼ cup low-fat mayonnaise
- 1 tablespoon cider vinegar
- 2 teaspoons Dijon mustard
- ¼ teaspoon coarsely ground black pepper
- ¼ teaspoon dried thyme leaves
- 1 green onion, minced

Measure all ingredients into a small bowl and whisk or mix with a fork until blended. Cover and refrigerate.

Skinny Orange-Ginger Dressing

Makes about 1 cup

(Contains about 10 calories per tablespoon)

- ½ cup seasoned rice vinegar
- ½ cup orange juice
- ½ teaspoon grated, peeled fresh ginger
- ½ teaspoon soy sauce
- ¼ teaspoon Asian sesame oil

Measure all ingredients into a small bowl or jar. Mix or shake until blended, then cover and refrigerate until ready to use, mixing again just before pouring.

Orzo with Feta Cheese, Green Beans and Tomatoes

Makes 2 servings

- 10 ounces green beans
- 1 cup orzo (rice-shaped pasta)
- 1 medium onion
- 2 garlic cloves
- 3 medium vine-ripened tomatoes
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon chopped fresh flat-leafed parsley leaves
- 1 cup crumbled feta (about 6 ounces)

Bring salted water to boiling in a large pot. While waiting, chop the onion and mince the garlic. Quarter and seed the tomatoes, and cut the quarters lengthwise into quarter-inch-thick slices.

Trim the beans and cut into one-inch pieces. In a large skillet, cook the onion and garlic in oil over moderate heat until onion is softened. Add the tomatoes and cook, stirring, until tomatoes are softened, about two minutes. Remove skillet from heat.

Have ready a bowl of ice and cold water. Blanch the beans for about one minute in the boiling water. With a slotted spoon, transfer beans to ice water to stop the cooking. Drain beans well in a colander and pat dry.

Add the beans to the tomato mixture and return the water in the pot to a boil. Boil orzo according to package directions, and drain in a colander. Add orzo to bean mixture, vinegar, parsley, feta and salt and pepper to taste, tossing to combine well.

Recipe from epicurious Web site.

Shrimp, Couscous and Marinated Tomato Salad

Makes 4 servings

- 1 package (about 6 ounces) roasted garlic or other flavored couscous
- 8 ounces shelled, cooked shrimp
- 2 large fully ripened fresh tomatoes, cut in wedges
- 1 sweet yellow bell pepper, diced (about 1¼ cup)
- ½ cup prepared Italian salad dressing, divided
- ½ cup crumbled feta (2 ounces) (optional)
- ¼ cup sliced green onions (scallions)

Prepare couscous according to package directions; cool. In a medium-sized bowl, combine shrimp, tomatoes, yellow pepper and ¼ cup of the dressing. To couscous, add feta (if using), green onions and the remaining ¼ cup dressing; mix gently. Mound couscous mixture on 4 plates, dividing evenly; top with marinated tomato and shrimp mixture. Serve over salad greens, if desired.

From the Florida Tomato Committee

It features grapes, orange juice, dried fruit, yogurt, nuts and honey.

The Associated Press

A fall salad should have a mellow, fruity flavor to suit the season. Here, fresh grapes and orange juice are combined with dried fruit, a creamy tang of yogurt, nuts and a touch of honey.

Serve this salad for a light lunch with sharp cheese and crusty bread, or, on a grander menu, offer it as a side dish with rich roast pork or duck.

Celebrate Fall Salad

Preparation 30 minutes, chilling time 30 minutes

Makes 6 servings

- 2 cups seedless grapes
- 1 red apple, cored and diced
- 1 cup dried apricots or peaches, cut into strips
- 1 cup diced dried figs or dates
- ½ cup pecan or walnut halves, toasted if desired (see note)
- 1 cup lowfat plain yogurt
- 1 tablespoon fresh orange juice
- 2 teaspoons honey (see note)
- 1½ teaspoons grated orange peel

10 mins 350° *

Combine all fruits and nuts. Combine yogurt, orange juice, honey and peel; mix well. Add yogurt mixture to fruits; mix well. Refrigerate 30 minutes to allow flavors to blend.

Green Bean, Walnut & Blue Cheese Salad

Have all the ingredients ready ahead of time, but don't toss the beans with the vinaigrette until just before serving. If you do, they're likely to discolor.

- **1½ pounds tender green beans, stem ends snapped**
- **1 tablespoon Dijon-style mustard**
- **2 tablespoons red-wine vinegar**
- **Salt and freshly ground black pepper, to taste**
- **3 tablespoons extra-virgin olive oil**
- **1/2 cup walnut halves**
- **8 ounces Danish blue or Roquefort cheese, cut into 1/2-inch cubes**
- **2 tablespoons chopped fresh flat-leaf parsley leaves**

1. Bring a pot of salted water to a boil. Add the green beans and cook until just tender, about 4 minutes. Drain, run under cold water to refresh, then drain again. Pat dry with paper towels.

2. Meanwhile, in a large bowl, prepare the vinaigrette: Whisk together the mustard, vinegar, salt and pepper. Whisking constantly, slowly drizzle in the olive oil and continue whisking until slightly thickened.

3. Before serving, add the green beans and the walnuts; toss with the vinaigrette. Adjust seasonings if necessary. Transfer to a serving bowl. Sprinkle with the blue cheese and parsley.

Serves 8. Per serving: 210 calories, 7g carbohydrate, 8g protein, 17g fat, 20mg cholesterol.

Spinach & Orange Salad

Prep time: 10 minutes

8 cups torn spinach
1½ cups fresh orange sections or 2 cans (11 oz. each) mandarin orange segments, drained
½ cup sliced red onion
½ cup ATHENOS Crumbled Feta Cheese
⅓ cup toasted slivered almonds 300° 10-15
1 envelope GOOD SEASONS Italian Salad Dressing Mix

TOSS spinach, oranges, onion, cheese and almonds in large bowl.

PREPARE salad dressing mix as directed on envelope. Serve with salad. Makes 6 servings.

Variation: Substitute GOOD SEASONS Oriental Sesame Salad Dressing Mix for Italian.

K

Rice With Green Beans and Almonds

Makes 6 servings

- 1 tablespoon butter or margarine
- ½ cup slivered almonds
- ½ cup chopped onion
- 1/3 cup chopped red pepper
- 3 cups cooked brown rice (cooked in chicken broth)
- ½ pound fresh green beans, blanched for 2 minutes in boiling water, cooled, drained and cut into 1-inch pieces
- ¼ teaspoon ground white pepper
- ¼ teaspoon tarragon

Melt butter in large skillet over medium-high heat. Add almonds and stir until lightly browned. Add onion and red pepper, and cook 2 minutes or until tender. Add rice, green beans, white pepper and tarragon. Stir until thoroughly heated.

Recipe from the Rice Café Web site

Tortellini, Fresh Tomato and Pea Salad

Makes 4 to 6 servings

- 1 pound frozen cheese tortellini
- 1 cup frozen peas
- 4 tablespoons prepared Italian or balsamic salad dressing, divided
- 2 large fully ripened fresh tomatoes, cut in chunks (about 2½ cups)
- 1 cup salad greens, such as watercress, arugula or mixed greens
- ½ cup diced sweet onion

Cook tortellini according to package directions, adding peas during the last 30 seconds; drain; place in a bowl. Add 2 tablespoons of the salad dressing; toss gently, cool. Just before serving add tomato, salad greens, onion and remaining 2 tablespoons salad dressing; toss gently.

From the Florida Tomato Committee

TUNA-PASTA SALAD

Want a great "no-cook" sauce? Toss juicy tomatoes, crisp green beans, black olives and capers with scallions, then add tuna. To warm it, simply serve over hot pasta!

1/2 pound green beans (with ends trimmed), cut into 1/2-inch lengths
8 ripe plum tomatoes, cut into 8 pieces each
6 scallions (with 3 inches of green left on), cut on diagonal into thin slices
1/2 cup coarsely chopped pitted black olives
1 tablespoon tiny capers
1 teaspoon finely minced garlic
Salt and black pepper, to taste
5 tablespoons chopped fresh parsley
1/4 cup extra-virgin olive oil
2 cans water-packed tuna ($6\frac{1}{8}$ ounces each), drained
3/4 pound tube-shaped pasta (ziti or penne), cooked *al dente* 3 3/4 cups

1. Blanch the green beans in boiling water about 2 minutes, or until just crisp but tender. Drain, rinse under cold water and pat dry.
2. In a large bowl, combine the cooked green beans with tomatoes, scallions, olives, capers, garlic, salt, pepper and 4 tablespoons parsley. Drizzle in the olive oil, folding ingredients gently. Let rest at room temperature for at least 1 hour for flavors to blend.
3. To serve, flake the tuna in large pieces; add to the sauce. Add the cooked pasta and toss gently. Adjust seasonings and garnish with remaining tablespoon of parsley. Serve at room temperature.
Serves 8. Per serving: 301 calories, 9g fat, 18mg cholesterol.

DISH
Hot Dog Crescent Roll-Ups

PREPARATION TIME ½ hr.
NUMBER OF SERVINGS 8
SOURCE OF RECIPE Advertisement

Unroll crescent dinner rolls. Split 8 hot dogs and insert a quarter slice of American cheese in each. Place a hot dog on each triangle roll and roll up as directed on label.

Place roll-ups on greased cookie sheet, cheese side up. Bake at 375 for 15 mins. unti golden brown. Serve hot.

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RECIPE Peanut Butter- Apricot Spread

SERVES 4-6

INGREDIENTS

1 cup peanut butter

¼ cup apricot jam

¼ cup honey

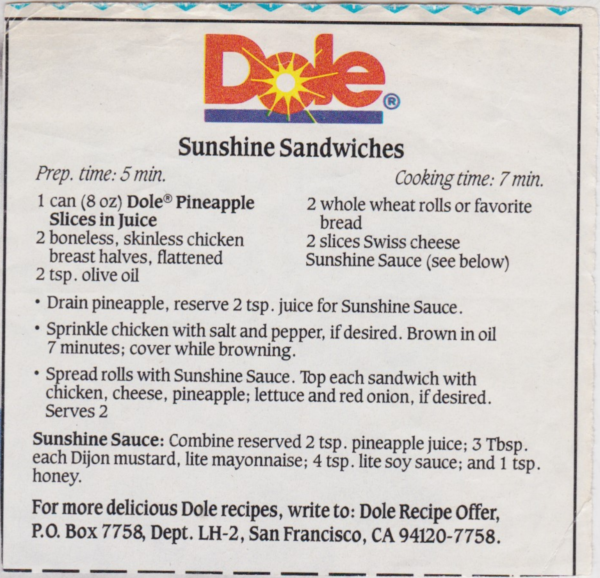
¼ cup wheat germ

DIRECTIONS

Combine all ingredients well. Spread on your favorite crackers or bread.

Favorite recipe of

STYLECRAFT, BALTO., MD. 21230 REFILL NO. 801



Dole®

Sunshine Sandwiches

Prep. time: 5 min. *Cooking time: 7 min.*

1 can (8 oz) **Dole® Pineapple Slices in Juice**
2 boneless, skinless chicken breast halves, flattened
2 tsp. olive oil
2 whole wheat rolls or favorite bread
2 slices Swiss cheese
Sunshine Sauce (see below)

- Drain pineapple, reserve 2 tsp. juice for Sunshine Sauce.
- Sprinkle chicken with salt and pepper, if desired. Brown in oil 7 minutes; cover while browning.
- Spread rolls with Sunshine Sauce. Top each sandwich with chicken, cheese, pineapple; lettuce and red onion, if desired. Serves 2

Sunshine Sauce: Combine reserved 2 tsp. pineapple juice; 3 Tbsp. each Dijon mustard, lite mayonnaise; 4 tsp. lite soy sauce; and 1 tsp. honey.

For more delicious Dole recipes, write to: Dole Recipe Offer,
P.O. Box 7758, Dept. LH-2, San Francisco, CA 94120-7758.

RECIPE Tuna Melts **SERVES** 6-8

INGREDIENTS

2 tsps. minced onion

2 tlbsps. sweet pickle relish

3 hard cooked eggs, chopped

½ cup soft cheese, grated

1 can tuna, drained and flaked (about 10 g)

½ cup mayonnaise

1 tlbsp. straight sherry or dry vermouth

DIRECTIONS

Mix all ingredients and spread between sliced Kaiser rolls. Wra p in foil and bake at 250 for 20 mins.

Favorite recipe of

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DISH **Tuna Sandwiches**

double recipe 5-7

PREPARATION TIME $\frac{1}{2}$ hr.

NUMBER OF SERVINGS 4-8

SOURCE OF RECIPE Aunt Cora

7 oz. can tuna

$1\frac{1}{2}$ tsp. mustard

$\frac{1}{4}$ tsp. Worcestershire

$\frac{1}{4}$ cup mayonaise

$1\frac{1}{2}$ tsps. onion

2 tblsps. gr. pepper

4 hamburger rolls or English muffins

Flake tuna, then add other ingredients. Split rolls and top with tuna mixture. A slice of tomato and/or grated cheese may be placed on top of tuna before broiling.

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REFILL NO. 801 B

Basic Vinaigrette Dressing

Makes about 1½ cups

- 1 small clove garlic, peeled
- 2 to 3 pinches salt
- ⅓ to ½ cup red wine vinegar
- 1 shallot, minced
- 1 teaspoon Dijon mustard (optional)
- Salt and ground pepper, to taste
- 1 cup extra-virgin olive oil

Mash the garlic clove and 2 to 3 pinches of salt together to form a paste. Move the paste to a bowl or jar with a tight-fitting lid. Add all other ingredients except for the olive oil and blend or shake until well mixed. If using a bowl, add the oil slowly, in a steady stream, mixing well as you pour. Or add the oil to the jar and shake well. Refrigerate if not using immediately. Allow dressing to come to room temperature and mix again before serving.

Barbara's Poppy Seed Dressing

Makes about 2¼ cups

- ½ cup apple cider vinegar
- ⅓ cup sugar
- ½ teaspoon salt
- ½ teaspoon dry mustard
- 1 teaspoon grated onion
- 1-2 tablespoons poppy seeds
- 1½ cups canola oil

Mix all ingredients except the canola oil in a large jar with a tight lid, a deep bowl or a blender. Shake, whisk or blend well until all ingredients are combined, making sure that the sugar has dissolved. Add the oil slowly, and then whisk, shake or blend until well combined. Refrigerate if not using immediately. Allow dressing to come to room temperature and mix again before serving.

Chunky Blue Cheese Vinaigrette

Makes about 1⅔ cups

- ¼ cup cider vinegar
- ¼ cup coarsely chopped fresh parsley
- 6 dashes Worcestershire sauce
- Salt and ground pepper, to taste
- ¾ cup olive oil
- ⅓ cup crumbled blue cheese

Whisk together in a small bowl the vinegar, parsley, Worcestershire sauce, salt and pepper. Add the oil in a slow steady stream, whisking constantly, until smooth. Whisk in the blue cheese. Refrigerate if not using immediately. Allow dressing to come to room temperature and mix again before serving.

Mediterranean Citrus Dressing

Makes about 1 cup

- 6 tablespoons olive oil
- 6 tablespoons lemon juice
- 2 garlic cloves, crushed
- 2 tablespoons chopped, fresh parsley
- 2 tablespoons chopped, fresh mint
- Salt and ground pepper, to taste

Whisk together the olive oil, lemon juice and garlic in a small bowl. Stir in the parsley and mint, and season with salt and pepper, to taste. Refrigerate if not using immediately, mixing again before serving.

Three more recipes to try. D3

Fresh whole cranberry sauce with lime and ginger

1/2 cup water
1/2 cup sugar
1/2 cup real maple syrup
1 bag of fresh cranberries
Zest (peel) of 1 lime
Juice of 1 lime
1 tablespoon fresh ginger, finely minced
Pinch of salt and freshly ground black pepper

Put the water, sugar, syrup, zest and lime juice into a medium-sized heavy saucepan. Bring to the boil over high heat. Reduce heat to medium and simmer uncovered until the sugar has dissolved, about three minutes.

Add cranberries and continue to simmer for five minutes, stirring occasionally. Add ginger and mix well. Continue to simmer for an additional eight to 10 minutes, until most of the cranberries pop and the sauce reaches the desired consistency. Season with a pinch of salt and a small amount of pepper to taste.

Classico Salad Dressing

6 Tbsps. Bertolli Classico Olive Oil
2 Tbsps. Bertolli White Wine Vinegar
1 clove garlic, crushed
1 Tbsp. finely-minced fresh dill or 1 tsp dried dillweed
1 Tbsp. finely-minced fresh parsley
½ tsp. dried tarragon leaves, crumble
Salt and pepper, to taste

Place all ingredients in a glass jar. Cover and shake until well blended. Toss with your favorite salad greens and serve. Makes ½ cup dressing.

Mustard Vinaigrette

Makes about 1½ cups

- ¼ cup Dijon mustard
- 3 tablespoons white wine vinegar
- ¾ cup olive oil
- 2/3 cup chopped shallots or finely chopped onion
- 2 tablespoon chopped, fresh rosemary or 1 scant teaspoon dried
- 2 teaspoons chopped, fresh sage or ½ teaspoon dried
- Salt and pepper

Mix the mustard and vinegar in a bowl. Gradually whisk in the oil, then mix in the shallots or onion and herbs. Season with salt and pepper. Dressing can be made one day ahead. Cover and chill, then bring to room temperature before using.

Recipe adapted from epicurious.com

#2 BEAN SOUP

From a P.E.O. Kitchen

1 pkg. Bean Soup mix
1 lb. smoked sausage, beef or pork
1 large onion, chopped
2 garlic cloves, minced
2 t. paprika
Salt & pepper to taste
2 qts. water

Soak dried beans overnight. Cut smoked sausage in 1" cubes. In a large pot, brown sausage. Drain beans. Add them to the browned sausage & chopped onion & minced garlic. Season to taste with salt and pepper and stir through. Add water, bring to a boil. Reduce heat. Simmer slowly 1-1½ hours or till beans are tender. Serve with crackers and a green salad.

#3 BEAN SOUP-INDIAN STYLE

From a P.E.O. Kitchen

10 whole cloves
2 bay leaves
1 t. whole black pepper
1 pkg. Bean Soup mix
1 med. onion chopped
½ t. ground turmeric
1½ t. salt
1 T. lemon juice

Tie the cloves, bay leaves and peppercorns in a piece of cheesecloth. Put Bean Soup mix and 5 cups water in a pot and bring to a boil for 1 minute. Turn off heat and let pot set, covered for 1 hour. Add spice bundle, onion and turmeric to the pot. Bring to a boil again, cover, turn heat to low and simmer for 1½ hours or until done. Remove spice bundle and discard. Add salt and lemon juice, stir to mix.

vory soup becomes a favorite in your kitchen this winter.

Black Bean and Tomato Soup

Start to finish: less than 20 minutes

Yield: 2 servings, easily doubled

- 1 teaspoon olive oil
- ¼ cup onion, finely diced
- ¼ cup green bell pepper, finely diced
- 1 clove garlic, minced
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (14 ounces) petite diced tomatoes
- ¼ cup frozen corn kernels
- 1 cup vegetable broth (see cook's note)
- 1 teaspoon red wine vinegar (see cook's note)
- 1 bay leaf
- ¼ teaspoon dried thyme
- ¼ teaspoon dried cumin
- Salt and black pepper to taste

In a small soup pot, heat the oil over medium. Add onion, pepper and garlic. Stir and cook 1 minute or until onion begins to soften. Add beans, tomatoes with their juice, corn, broth, vinegar, bay leaf, thyme and cumin.

Cover and raise heat to medium-high to bring to a boil; lower heat to simmer to blend flavors for 10 minutes or until ready to serve. Taste and adjust seasoning, if necessary, with salt and black pepper. Remove bay leaf before serving.

Cook's note: You can use 1 vegetable bouillon cube and 1 cup water or already prepared broth. Red wine vinegar is my favorite, but white wine, champagne or even cider vinegar will still give the soup the flavor you need. Balsamic vinegar is a little heavy for this recipe.

Approximate values per serving: 419 calories, 5 g fat (0.9 g saturated), no cholesterol, 25 g protein, 71 g carbohydrates, 18 g dietary fiber, 398 mg sodium.

Alicia Ross *is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006). Contact her at Kitchen Scoop, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or send email to tellus@kitchenscoop.com. Or visit the Kitchen Scoop website at www.kitchenscoop.com.*

CHOIR MOTHER'S "13" BEAN SOUP

Wash beans. Place in a large kettle. Cover with water about 2 inches deep. Add 2 T. salt. Soak overnight. Drain in the morning. Add 2 quarts of water with ham hocks or ham. Bring to a boil. Simmer slowly for 3 hours. Add one large chopped onion, one 2½ size can tomatoes. Season with one tsp. chili powder (optional), juice of one lemon, salt and pepper if desired. Remove ham hock, cut up and add to soup. Simmer slowly one hour or more. (If desired - carrots, celery and green pepper can also be added during last hour or so).

Add:
1 lb. sliced, smoked
sausage
2 raw, boneless chicken
breasts, chopped

Simmer 40 minutes.

Serve "day old"

12 servings

French Market Soup

1 lb.

Wash and drain peas
and beans. Add:

3 qts. water
1 T. salt
ham hock
bouquet garni

Simmer covered

2½-3 hours.

Add:

2 cans stewed tomatoes
1c. chopped onions
1c. chopped celery
2 cloves garlic, diced

Simmer uncovered
1½ hours until
creamy.

Country Ham Chowder

GREAT AMERICAN RECIPES

Hearty Stews, Soups and Casseroles Card **26** Group **9**

Thick and hearty chowder is a meal in a bowl. This soup is brimming with potatoes, bits of ham and Cheddar cheese. Just add crusty bread.

Preparation time: 15 min.
Cooking time: 30 min.

Microwave cooking: see other side

For 4 servings you will need:

2 medium potatoes, pared and cut into ½-inch cubes
3 Tbsp. butter or margarine
¾ cup finely chopped onion
¼ cup finely chopped carrot
¼ cup finely chopped celery
3 Tbsp. all-purpose flour
2½ to 3 cups milk
¼ tsp. pepper
Salt, optional
2 tsp. Dijon-style mustard, optional
1 cup finely chopped ham
1½ cups grated sharp Cheddar cheese *
Chopped parsley, for garnish

EASY & TASTY

Preparation:

1 Simmer potatoes in ¾ cup water in a covered saucepan for about 10 minutes or until tender. Reserve any liquid for soup.

2 Melt butter in large saucepan. Sauté onion, carrot and celery until golden and soft. Do not brown mixture.

3 Stir in flour and cook for 2 minutes, stirring well.

4 Add milk, potatoes with liquid, pepper, salt and mustard, if used. Bring to a simmer.

5 Add ham and cheese. Cook over low heat for 5 minutes.

6 Serve hot or keep warm over very low heat with lid until ready to serve. Serve with croutons, if desired. Garnish with parsley.

Tips:
If you like the chowder not too thick, add more milk until of desired consistency.

Good served with:
Crusty bread spread with a celery seed-cayenne butter, and a green salad.

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*1½ cups

Make in Dutch Oven

Wild Rice & Mushroom Soup

1/4 cup margarine OR butter
1 medium onion, chopped
1 pound medium mushrooms, sliced
1/2 cup sliced celery
6 cups chicken broth, divided
1/2 cup wild rice, cooked according to package directions and drained
1/2 teaspoon salt
1/2 teaspoon curry powder
1/2 teaspoon dry mustard
1/2 teaspoon paprika
1/2 teaspoon chervil
1/2 cup all-purpose flour
2 cups lowfat milk
3 tablespoons dry sherry OR broth

In 2-quart pot melt margarine or butter; sauté onion until golden. Add mushrooms and celery; sauté 2 minutes more. Add 5 cups of the broth, wild rice, spices and herbs; simmer 5 minutes. In small bowl combine remaining cup broth and flour; stir together until smooth. Blend into soup and simmer until slightly thick, about 8–10 minutes. Stir in milk and sherry or broth. Heat through before serving.

Green Peas With Scallions

Start to finish: 10 minutes
(5 minutes active)

Servings: 4

- 1 bunch scallions, washed and trimmed
- 2 teaspoons olive oil
- 16 ounces frozen or fresh shelled peas (2 cups)
- 1 tablespoon chopped fresh tarragon or ½ teaspoon dried tarragon
- Salt and freshly ground black pepper, to taste

Slice the scallions in half lengthwise and then crosswise into ½-inch pieces.

In a large skillet, heat oil over medium heat. Add the scallions and saute until soft, about 4 minutes.

Stir in the peas, cover the pan and reduce heat to medium-low. Cook until the peas are tender, 3 to 5 minutes. Stir in the tarragon and season with salt and pepper.

Nutrition information per serving: 102 calories; 2 g fat (0 g saturated); 0 mg cholesterol; 16 g carbohydrate; 5 g protein; 6 g fiber; 536 mg sodium.

Baked Rice and Vegetables in Broth

¾ cup uncooked long-grain rice
1 tablespoon uncooked wild rice
¼ cup uncooked brown rice
¼ cup sliced fresh mushrooms
¼ chopped fresh broccoli
¼ cup chopped carrots
¼ cup chopped red bell pepper
¼ cup finely chopped onion
1 teaspoon salt
1 teaspoon dried onion flakes
1 teaspoon paprika
¼ teaspoon black pepper
2½ cups vegetable broth

Preheat oven to 425 degrees F (220 degrees C).

In a 9 x 13 inch baking dish combine white rice, wild rice, brown rice, mushrooms, broccoli, carrots, bell pepper, onion, salt, onion flakes, paprika, black pepper and broth. Mix well; cover.

Bake in preheated oven for 30 minutes, or until cooked through; stir once during baking.

Four servings
Source: www.allrecipes.com

Mediterranean Lentil Soup

Serves 6 to 8

- 1 cup green or brown lentils
- 5 cups water or stock
- 1 bay leaf
- 2 medium carrots, cut in half lengthwise, then sliced in ¼-inch pieces
- 1 stalk celery, sliced ¼-inch thick
- 1 bunch scallions, trimmed, sliced ¼-inch thick, separating green tops
- 1 teaspoon ground coriander
- 2 teaspoon ground cumin
- ½ teaspoon dried thyme (or 1 tablespoon fresh)
- ½ teaspoon freshly ground black pepper
- Sea salt or naturally brewed soy sauce to taste
- Lemon juice to taste

Rinse and pick over lentils. Combine lentils with water or stock and bay leaf in a large saucepan over high heat; bring to a boil. Reduce heat to low and simmer until lentils are tender, about 45 minutes. Add vegetables (reserving green tops of scallion), coriander, cumin and thyme; simmer until vegetables are tender, another 20-30 minutes. Add extra water or stock as needed for desired consistency; add pepper and salt or soy sauce to taste 10 minutes before the end of cooking, and scallion greens at the end. Stir well, remove from heat and add lemon juice to taste. Serve garnished with carrot or yogurt.

Italian Carrots

1 (1-pound) bag peeled baby carrots, or 1 pound peeled carrots no more than an inch in diameter cut into 2 1/2-inch lengths
1/4 cup balsamic vinegar
1/2 teaspoon oregano
2 large cloves of garlic, minced
2 tablespoons olive oil

Steam carrots, covered, in a steamer basket over simmering water for about 5 minutes, or until crisp-tender.

While carrots are steaming, combine remaining ingredients to make dressing.

Place hot carrots in a pie plate or wide dish with sides and pour dressing over them immediately, tossing to coat all sides. Let rest 30 minutes, tossing once or twice, for flavors to mature. Refrigerate several hours or overnight to improve flavor. May be served room temperature or cold. Makes 8 servings.

Per serving: Calories, 57; fat, 3 g; no cholesterol; sodium, 20 mg; percent calories from fat, 53 percent.

Herbed Mashed Sweet Potatoes

2 pounds sweet potatoes (about 4 medium)
1 1/2 tablespoons butter
1 tablespoon low-fat milk
4 teaspoons snipped chives
1 1/2 to 2 teaspoons minced fresh thyme (or 1/2 teaspoon dried)
Salt and freshly ground black pepper to taste

Preheat oven to 400 degrees. Wash sweet potatoes and prick in several places with a fork. Place potatoes on a cookie sheet and bake for about 1 hour, or until they feel soft when squeezed.

Holding them with a cloth, cut them in half and remove skin. Put flesh into a large bowl and mash well with butter. Add milk, herbs, salt and pepper.

Transfer to a casserole dish and, if necessary, reheat briefly in the oven or microwave. May be prepared in advance and reheated just before serving. Makes 4 to 6 servings.

Per serving: Calories, 224; fat, 4 g; cholesterol, 10 mg; sodium, 270 mg; percent calories from fat, 16 percent.

Asian Stir-Fried Broccoli

1 tablespoon vegetable oil
2 cloves garlic, minced
1 teaspoon grated fresh ginger
1 small onion, sliced
1 pound broccoli florets (about 4 cups)
1/2 red bell pepper, sliced in thin strips
2 tablespoons water
1 tablespoon cooking sherry
1 tablespoon oyster sauce or reduced-sodium soy sauce

Heat oil in a skillet or wok. Add garlic and ginger and stir-fry for 15 seconds. Add onions and stir until wilted, about 1 minute. Add broccoli and red pepper and mix well. Add the water and cover, cooking over medium heat for 3 to 5 minutes, or until broccoli is crisp-tender. Mix sherry and oyster sauce or soy sauce in a small container. Drizzle over vegetables and toss well to mix. Makes 4 to 6 servings.

Per serving: Calories, 62; fat, 3 g; no cholesterol; sodium, 157 mg; percent calories from fat, 41 percent.

Dilled Spinach

1/2 tablespoon olive oil
1 garlic clove, minced
1 small onion, chopped, or 1 bunch green onions, chopped
1 yellow crookneck squash, cut into bite-size pieces
1 (10-ounce) package frozen spinach, thawed, or 1 pound fresh rinsed spinach leaves, stems removed
1/2 bunch fresh dill, stemmed and finely chopped
1/2 lemon

Heat oil in a skillet; saute garlic 15 seconds. Add onions and cook until wilted. Add squash and saute. Add spinach and dill and stir to mix well. Cover and cook over medium heat 3 to 5 minutes, or until heated through. Squeeze juice of 1/2 lemon over all before serving. Makes 4 servings.

Per serving: Calories, 52; fat, 2 g; no cholesterol; sodium, 51 mg; percent calories from fat, 30 percent.